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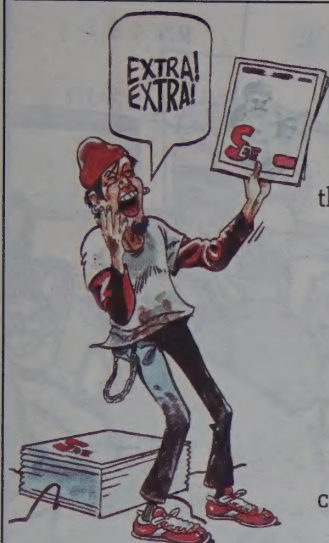
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GOING VEGAN

Edmonton herbivore share her secrets about maintaining the vegan lifestyle.

Illustration by Jonny Olbey

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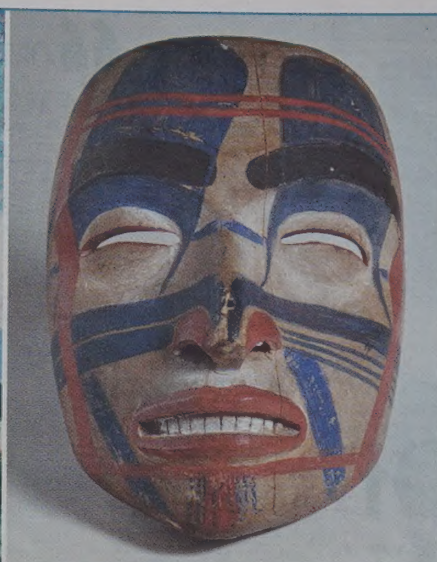
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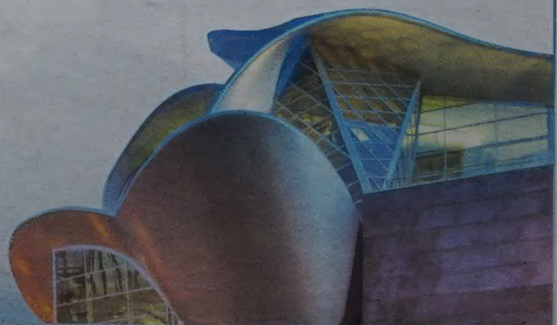
Mask, 1800-1850. © McCord Museum. ME892.32.2

Emily Carr, A Raging Sea of Undergrowth, 1935, oil on canvas. Collection of the Vancouver Art Gallery.
Emily Carr Trust. Photo: Trevor Mills, Vancouver Art Gallery

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LIFESTYLE • FOOD

The Joy Of Cooking Vegan

A LOCAL HERBIVORE SHARES HER SECRETS FOR KEEPING VEGAN, AND NOT PISSING OFF HER FAMILY AND FRIENDS

BY ANGELA BRUNSCHOT

Caitlin Higgins' kitchen has undergone a huge transformation over the past year. Once macaroni and cheese was the staple food on her shelves, but she now packs in funky produce and exotic ingredients. Along with the typical carrots, lettuce and tomatoes you'd find in most kitchens, Higgins has added collard greens and Swiss chard. She uses mochi – a Japanese brown rice preparation that's pressed and sweetened – to make vegan-friendly waffles.

And she's started experimenting with standard recipes. Recently, she added an apple and coconut milk into a basic carrot soup, transforming it into a temptingly sweet treat.

Last winter the 28-year-old Edmonton event planner decided to try eating vegan for one month while exploring some new recipes. The switch so significantly improved her diet that a year later, she's still keeping vegan.

"My diet has expanded in a huge way," she says. "I'm meal planning and trying new produce. I'm dipping into Asian and Middle Eastern cooking."

Becoming a vegan – which requires giving up all animal flesh and animal products, including milk, eggs, cheese, fish, and, of course, beef and chicken – wasn't a one-step process for her. As a teenager, she's flirted with vegetarianism. At the time she struggled because she didn't invest the time to properly research her options, she says. Instead of searching out new vegetables, grains, and beans, she simply eliminated meat. It didn't take long for the mash potatoes and vegetables (without the roast

chicken) to get boring.

That's a common mistake, says local dietitian Dena Ferretti, but vegan doesn't have to be boring.

"Often when people hear vegan, they think tofu and bark," she says, laughing over the phone from her office at Revive Wellness here in Edmonton. Eating vegan can be a very healthy and varied experience, she says. She sees some vegans and vegetarians as part of her practice, and she sometimes follows a vegetarian diet herself, when her fiancé is out of town.

PAIRING FOODS

Although it can be an enjoyable experience, eating vegan does require special attention, and pairing different foods together in one meal is an important way for vegans to maintain their health, she says.

Meat has the most digestible forms of iron for example. Vegans can get their required iron from oatmeal or spinach, but it's harder to digest. Pairing the oatmeal with blueberries or the spinach with orange slices provides the vitamin C needed to digest the iron.

Indian food, with a long vegan and vegetarian history, does a good job of nutritional pairing.



Caitlin Higgins, vegan for one year and still going strong | PHOTO BY CRAIG JANZEN

"Look at Indian food that has curries, chickpeas and potatoes. They pair the rich source of protein from the chickpeas with the vitamin C from the potatoes," she says. "There are also starches that your brain needs. They also use a lot more flavours that enhance the pallet and then it's not just the same thing again."

Although many people may think of vegans as being skinny, Ferretti says overeating can be an issue for vegans if they don't have enough protein in their diet.

"If you're not getting enough protein, you lack that satiety at the end of a meal. So, it's easy to overindulge in a lot of rich carbohydrates without any protein to slow down how your body digests it," she says.

VEGAN cont'd on p. 5



VEGAN (cont'd from p. 4)

Higgins has spoken with her doctor about her choice, and other than a recommendation for multivitamins that most people should take, she's doing fine. Her problems stem more from knowing the ingredients in her food. There's a huge learning curve, she says. Until recently chips were a favourite snack at work. Then she discovered that many chip seasonings contain lactose, which of course comes from milk. Now, she uses an iPod app called Animal Free when she shops to look up obscure ingredients.

NO DINNER TABLE BRAWLS

Becoming a vegan can also have social implications. Higgins says she often runs into questions about what she eats, her health, and a general sarcastic attitude of 'well aren't you special.' In return, she responds with a litany of mouth-watering recipes, and no attitude at all.

"It's not about being perfect," she says. "It's about trying your best."

She generally avoids confronta-

tion, mostly because when people bring up the issue they already have their minds made up about vegans. Although animal rights and the environmental costs of raising meat do form part of her reasons for becoming a vegan, she prefers highlighting the health reasons for the switch.

"It's a politically-charged issue," she says. "I never wanted that to be the front of my reasons for becoming a vegan. I don't want to have arguments with people."

When it does come up, she stresses that issues are rarely black and white. Cutting down forests for soya production for example is a complex issue. Soya beans aren't solely used for tofu, and can be found in processed foods and livestock feed.

Nor does she present herself as perfect. On the bone-chilling cold morning of our interview, Higgins is wearing a pleather jacket and purse. She makes an effort not to buy leather clothing or accessories, she says, but she hasn't thrown out her old leather shoes and purses, pointing out that it would be an extremely wasteful act.

Nor is her make-up thoroughly vetted for animal products.

During the summer, she shops at the local farmers markets. She also patronizes Planet Organic on Jasper Avenue, which offers organic produce. The Good Food Box, an Edmonton-based service that delivers local food to your doorstep, also forms part of her groceries. However, she's quick to admit she can't always afford the increased price of locally grown and organic produce. At times when her budget dwindles, she shops at Save-On Foods or Safeway.

Although her way of maintaining a vegan lifestyle may not be for everyone, her approach comes from years of flirting with the lifestyle and knowing her personal pitfalls.

And she is slowly winning people over. At Christmas, her sister loved the sweet and spicy empanadas she made, even if most of the family rolled their eyes and tried to convince her to cheat with some meat. The sweetened brown rice she uses to make waffles has also been a hit. After all, who doesn't like waffles?

CREAMY COCONUT CARROT SOUP

By Caitlin Higgins, with help from *Everything Vegan Cookbook*, by Jolinda Hackett and Lorena Novak Bull

- 1 Tbsp olive Oil
- 4 carrots, peeled and chopped
- 1 Sweet Potato, peeled and chopped
- 1 inch piece of ginger, minced
- 1 onion, chopped
- 2 cloves of garlic
- 1/2 cup red lentils
- 1 small green apple, peeled and chopped
- 4-5 cups of vegetable broth (Four for a thick soup, five if you like it a bit thinner)
- 1 can of coconut milk
- 2 bay leaves
- 2 sprigs of fresh thyme
- 3/4 tsp Cinnamon
- 1 tsp salt

Peel and chop all the vegetables for the pot. Heat a large soup pot over medium heat and add the olive oil. Next, add the onion, garlic and ginger. Heat until the onions are soft and translucent.

Add the carrots, potato and the apple. Stir and heat for another minute or so.

Add in cinnamon, thyme and bay leaves. Then add the lentils and the broth.

Bring the soup to a boil and then lower the heat and let the soup simmer for about 15 to 20 minutes, until

the lentils are cooked and the vegetables are soft.

Once cooked, either transfer the soup in batches to a blend, or use an immersion blender to combine all the vegetables.

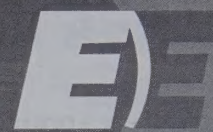
Once smooth, stir in the coconut milk and salt. Put the soup back on the stove and heat through.

RECOMMENDED READING:

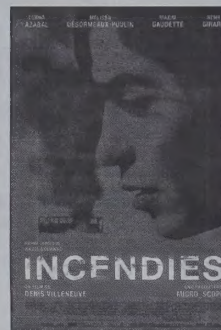
- *Vegan and Vegetarian Diner's Guide*, by the Vegetarians of Alberta Association
- *The Kind Diet: A Simple Guide To Feeling Great, Losing Weight, And Saving The Planet*, by Alicia Silverstone
- *Everything Vegan Cookbook*, by Jolinda Hackett and Lorena Novak Bull
- *Veganomicon: The Ultimate Vegan Cookbook*, by Isa Chandra Moskowitz and Terry Hope Romero
- *Rebar: Modern Food Cookbook*, by Audrey Alsterburg and Wanda Urbanowicz

FAMOUS VEGANS/VEGETARIANS

- Bryan Adams, singer/songwriter
- k.d Lang, singer/songwriter
- Protagandhi, punk band
- Alicia Silverstone, actor
- Moby, musician
- Alanis Morissette, singer/songwriter
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DO WE DARE TALK ABOUT TAXES?

The Progressive Conservative government is once again grappling with the problem of a deficit, and how to handle it. Last week's budget predicted a shortfall of \$3.4 billion, which will be covered by another dip into the provincial piggy bank, the rapidly diminishing Sustainability Fund.

Is there a way off this roller-coaster, where we're riding high and flush with cash one year, and hitting bottom and cash poor the next? Aside from diversifying the economy — which the PCs have utterly failed to do — there is another way to smooth out the rough patches that doesn't involve cuts to health, education, and all the other good things your government provides.

It's called taxation.

Yes, the dreaded T word. The word that must not be spoken in Alberta.

Clearly, no one wants to pay higher taxes. But someone has to pay for the roads we drive on, for the hospitals we stay in, for the schools that educate our children.

And the case can be made that Albertans just aren't paying enough in taxes.

We have been indoctrinated by years of conservative thinking that taxation is a bad thing. Anyone who dares to bring up the prospect of increasing taxes is immediately labelled a “tax and spend” liberal, the most dreaded of all political epithets.

In the U.S., dozens of American states and cities would rather declare bankruptcy, or cancel necessary services like police and fire protection, rather than raise taxes.

This week, Finance Minister Lloyd Snelgrove said the government won't even consider a sales tax until every last drop of oil is sucked from the ground.

“The people of the day can then decide,” Snelgrove said on Monday, which perfectly encapsulates the PCs attitude towards

planning for the future — spend today, and just let future generations take care of themselves.

A sales tax, judiciously applied, would reap billions for the Alberta treasury over time. It need not be onerous; even at two per cent, it would bring the combined provincial and federal tax to just seven per cent, which is what the GST was when it was first introduced before Stephen Harper cut it by two per cent as an election gimmick.

Albertans are conspicuous consumers. We think nothing of dropping a bundle at dinner or in a bar, or buying a pickup with all the bells and whistles.

Is it too much to ask that we pay a small amount of tax to finance the highways we drive on, or the hospitals and schools that we need?

And while we're talking taxes, perhaps the government should reexamine its flat tax strategy. In 2001, the province ended the progressive income tax regime (the more you made, the higher your tax rate) in favour of a flat 10 per cent tax rate on everyone. The Parkland Institute says that change cost the government \$5.6 billions in tax revenue in 2006.

The PCs like to brag of Alberta's low tax regime, the lowest in the country. Again according to the Parkland Institute, the nearest province to Alberta in taxes gets \$10.7 billion more than Alberta in taxes. Clearly, it wouldn't take much in the way of selective tax increases and tweaks in the tax structure to raise billions more, eliminating the deficit and providing billions more for government services.

Sadly, in the current political climate, it would be political suicide for any party to mention increased taxation. But it's at least a discussion worth having.

BY THE NUMBERS • EXPENSES SOAR

Percentage of increases in major goods from January 2010 to January 2011
 Source: Statistics Canada

Food — 2.1 per cent
Shelter — 2.2 per cent
Transportation — 4.8 per cent
Energy — 9 per cent
Gas — 13 per cent



POINT OF VIEW • POLITICS AND PROTEST

A Revolution At Home



OUTSIDE POLITICS **MAURICE TOUGAS**
**IMAGINING A WORLD
 WHERE CANADIANS TAKE
 TO THE STREETS TO
 FIGHT FOR DEMOCRACY**

The world has watched with a mixture of fascination and fear as wave upon wave of pro-democracy protests have swept across the Middle East, changing the political landscape. All this democratic fever is a long ways away, but maybe this desire for democracy will spread, swine-flu like, around the world. Maybe even to ... Canada?

OTTAWA — Thousands of Canadians took to the streets of the Canadian capital today demanding the ouster of strongman Prime Minister Stephen Harper and a return to democracy.

Anti-government anger has been building for months across Canada, as Prime Minister Harper has increasingly solidified his ruthless grip on power.

Despite being in a minority position, and theoretically susceptible to overthrow at any time, Harper is ruling Canada with an iron fist. Thousands of Canadians are demanding change, and bravely signing Facebook petitions demanding that Harper step aside. While ostensibly a democracy, Canada has seen its democratic traditions under constant attack since Harper took control of the resource-rich dominion five years ago.

An autocratic policy wonk who has never held a private sector job in his life, Harper came to power after a spending scandal brought down the ruling Liberal party. Promising “transparency in government,” Harper has become increasingly dictatorial as he has consolidated power within his office. In just five years, Harper has taken the unprecedented move of twice ordering the toothless governor-general to shut down Parliament.

Harper's control of information has made him one of the most paranoid of world leaders. The government's ministers, widely seen as a colourless yes-men in debt to the leader, are barred from making any public statements that are not vetted by the prime minister's office. The government has spent tens of millions of dollars on television adver-

tising aimed at promoting government programs, while government websites contain hundreds of photos of leader Harper. Conservative MPs are also spending millions of dollars of taxpayer money on sending pro-government, anti-opposition propaganda directly into the homes of millions of Canadians.

Despite making promises of democratic reform, Harper has consolidated power within his office, and stacked patronage jobs with cronies.

Harper, who repeatedly vowed to reform the upper house, the Senate, has instead stacked the chamber with 37 partisan appointees, making the Senate a de facto second level of government under the control of the Conservative party. Harper used his senate majority to reject a climate change bill that had been passed by Parliament, the first time in 70 years a bill passed by the elected Parliament was rejected by the appointed Senate.

Aside from his disregard of Parliament, protesters are angry that Harper is spending billions of dollars to add new prison spaces to accommodate the thousands of Canadians who will spend more and more time in prison under the prime minister's so-called “get tough on crime” plans.

TOUGAS cont'd on pg. 8

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NEWS • PROTEST

Libyan Community Calls For Canadian Action

LOCAL PROTESTERS ASK FOR HUMANITARIAN AID

BY ANDREW PAUL

Edmonton's Libyan community is calling for the removal of dictator Moammar Gadhafi, and has asked the Canadian government to take an active role in supporting the Libyan people.

Zachariah Mansour, a second-year science student at the University of Alberta, was among 60 protesters calling for these measures at a recent rally at Churchill Square.

"Basically we want to see a similar response to what happened in Haiti during the earthquake and in Sri Lanka during the tsunami; we want humanitarian aid not military intervention," he says.

Mansour's extended family lives in the unstable west, about 100 kilometres south east of Tripoli. Mansour has been able to contact a few relatives by telephone in the area but says the connection never lasts for more than a few minutes before it's cut off.

Instead, Libyan expatriates are relying almost entirely on social media for news from the home front.

"There is no foreign media there so all the information we're getting is through Youtube and Facebook," Mansour says. "There is a website called www.libyafeb17.com where people within Libya are uploading videos of what's happening, and that's basically the only source of



Zachariah Mansour speaks at the Gadhafi protest on Feb. 26 at Churchill Square | PHOTO BY ANDREW PAUL

credible information we have."

The Libyan revolution comes hot on the heels of similar uprisings in Tunisia and Egypt where grassroots rebellions have ousted unwanted dictators in those countries.

However, unlike the relatively peaceful removal of Hosni Mubarak from Egypt, the revolution in Libya is the bloodiest in this recent string of uprisings.

"The main thing that caused Mubarak to step down was when the army

defected to the people," Mansour says. "What he (Gadhafi) is using right now are foreign mercenaries, people that are trained to kill with no moral obligation to the Libyan people and no remorse."

According to news reports, approximately 2,000 Libyan civilians have been murdered since taking to the streets Feb. 17 as they seized control of the eastern half of the country forcing Gadhafi to hole up in Tripoli, the country's capital.

The Mansour family knows first hand how cruel Gadhafi can be.

Mansour says his uncle was arrested and executed in the 1970s shortly after Gadhafi gained power.

"He and Gadhafi went to the same university and when Gadhafi took power he basically asked all the people to voice their concerns as a means to bait and bring out his enemies. My uncle was part of a student group at the university that had certain demands and complaints and within

a few years he was imprisoned first then executed."

However, Mansour is full of hope, and feels that it is only a matter of time before Gadhafi is deposed.

"The best possible outcome is that he leaves and we establish a constitution and have federal elections and a system similar to Canada where we elect a prime minister or a president and every four years he's held accountable for his actions," Mansour says.

EVENT • FOOD

Creating Real Biodiversity In A Time Of Plenty

LONG-TIME FARMER AND ACTIVIST NETTIE WIEBE TALKS ABOUT SMALL FARMS, BIG BUSINESS, AND THE IRISH POTATO FAMINE

TAKING CHARGE OF DINNER: GROWING, KNOWING, AND LOVING FOOD

University of Alberta campus, room 1430, March 3, 7 p.m., donations accepted.

BY ANGELA BRUNSCHOT

Step into any grocery store in Edmonton and even near the end of a bitter winter, the city still has access to tomatoes, lettuce and cucumbers, not to mention strawberries, kiwis, and any other tropical fruit your palate may be craving.

That appearance of plenty covers up a monoculture that's truly dangerous for eaters, says Nettie Wiebe, a long-time food activist and politician.

Wiebe has been heavily involved in the politics of food since the 1980s. In addition to helping form La Via Campesina, an international peasants' movement, she has served as

the women's president for the National Farm Union, a Canadian organization that supports family farms. When she's not on the road lecturing or organizing, she's also the federal NDP candidate for Saskatoon Rose-ton-Biggart.

Wiebe owns a small farm in Saskatchewan, and speaks for the small producers. Here is an edited version of our interview with her.

SEE Magazine: What does "food sovereignty" look like to you?

Nettie Wiebe: In the Canadian context, it means that our agriculture, food policy, and local food production are to be decided by us as citizens and farmers.

You can look all over our food system — in the retailing, in the marketing and the production, and increasingly in land ownership — and see that it is investor and corporate driven rather than owned and organized around the needs and interests of us the eaters.

SEE: Why is the smaller or family-owned farm a better model?

NW: It's ecologically a much bet-



ter model. For example, [look at] the intensive livestock operations — instead of producing massive amounts of waste that then have to be carefully managed, re-deployed, and poses a problem, on a small-scale family farm like ours, the waste that those cows produce are a valuable resource. We use it as fertilizer. Far from it being problematic, we integrate it into our system so that it's ecologically

IN MY GRANDMOTHER'S DAY, BECAUSE GARDENERS WERE COLLECTING THEIR OWN SEED, THERE WERE MORE KINDS OF CARROTS IN ONE COMMUNITY THAN THERE ARE NOW IN ALL OF THE GROCERY STORES IN CANADA.

— NETTIE WIEBE, SMALL FARMER AND ACTIVIST

beneficial.

The small operation, it isn't magic. It is understanding how to work in the balance of the ecosystem.

SEE: As an eater, you walk into a grocery store and it seems like we live in a very abundant society, even on the Prairies in the winter. Then why is biodiversity an issue?

NW: There are two things here

— one is that the food comes from everywhere. We are basically eating the globe. The other piece is that when you look beneath that apparent abundance, in each of those food-stuffs, there's actually a decrease in variety. In the 20 main staple crops like wheat, rice, and corn, there are very few varieties that dominate the market place. In my grandmother's day, because gardeners were collecting their own seed, there were more kinds of carrots in one community than there are now in all of the grocery stores in Canada.

That's what the loss of biological diversity actually looks like. It's masked for us because we get food-stuffs from everywhere in the world. Underneath that mask is a dire situation. We are endangering a lot of the food system.

SEE: Why is biodiversity so important?

NW: The Irish potato famine always comes to mind. When you have only one variety of a product, then any disease that destroys it destroys everything for you.

Keep Your Jewels Warm And Add Another Layer

STRAIGHT DOPE CECIL ADAMS
**IS IT POSSIBLE TO FREEZE
YOUR COJONES OFF?**

There's an MP3 on the 'net right now purporting to be a "North Dakota weather alert" in which some reject from Fargo warns, "It is f'ing cold outside. Stay inside, dumbass. You will freeze your balls off." When I was growing up in upstate Pennsylvania, my father used to declare this would be the fate of a brass monkey exposed to the kind of cold we had in the mountains. The question is, has this oft-suggested scenario ever come to pass? Has any poor soul ever actually lost the family jewels to frostbite and survived the experience? —Matt

Not the most refined topic I've ever delved into, but hey, it can't all be runcible spoons around here.

Short answer first. I haven't turned up any confirmed reports of family jewel loss. On the other hand, the family scepter, as it were... let's say a few unfortunate individuals have come painfully close.

Now for the long answer. Implicit in the saying about brass monkeys is the sense that some male creatures are at greater risk than others of hypothermic genital separation. Clearly there are multiple issues nested in this seemingly simple question. Specifically: (a) Did it happen? (b) What happened exactly, to whom or what, to which extremity specifically, and under what meteorological conditions? (c) What was this poor soul/hapless beast/sad sack (sorry) up to when it did?

We turn to the case reports, organized by increasing degree to which the subjects' plight struts close to

home:

Brass monkeys. Data on component failure among these proverbial simians are lacking. However, on browsing the technical literature, we find that brass valves work just fine on tanks of liquid nitrogen, which is typically chilled to around -196 C. From this we extrapolate that, for a brass monkey, the odds of accidental cryorchectomy are vanishingly small.

Bulls. More commonly the victims of sheer heart-stopping fridity aren't ornamental metal animals but real ones, in particular bulls wintering outdoors in places like, yes, North Dakota. Ranchers' bulletins and such are full of warnings about the dangers of scrotal frostbite.

Although I haven't come across a case of the affected organs literally falling off, serious damage does happen — bulls can become permanently sterile. The critical weather conditions: subzero temperatures plus strong wind.

Dogs. Specifically, Alaskan sled dogs, who are said to do their best work between -7 C and -29 C and will happily pull a sled a hundred miles. Leave it to their owners to decide they should race a thousand miles and freeze their tender vittles in the process. The event in question is the Iditarod, the annual dogsled race between Anchorage and Nome, derided by its critics as an extended exercise in animal cruelty. Often the majority of dogs on a team don't finish the race due to exhaustion or injury (by one count more than 140 have died), and scrotal and penile frostbite are indeed among the many perils. The miracle is that casualties are so few. Lows can reach -40 C or -46 C

below; the record wind chill figure for the race is -90 C.

Guy's. The classic account was published in the *New England Journal of Medicine* in 1977 by a 53-year-old MD named Melvin Hershkowitz, who plied his trade in the desolate frontier outpost of Jersey City, New Jersey. Hershkowitz reports that the previous December he'd gone to a local park for his customary half-hour jog. Temperature: 8 C with a bitter wind chill. He was less than ideally dressed, wearing "flare-bottom double-knit polyester trousers, Dacron-cotton boxer-style undershorts, a cotton T-shirt and cotton dress shirt, a light-wound sweater, an outer nylon shell jacket... gloves, and low-cut Pro Keds sneakers."

Twenty-five minutes into his run Hershkowitz began feeling "an unpleasant painful burning sensation at the penile tip," which within five minutes had become excruciating. Returning home, he found "early frostbite of the penis. The glans was rigid, red, tender upon manipulation and anesthetic [i.e., insensitive] to light touch. Immediate therapy was begun." This meant restoring the apparatus to warmth via manual contact. Full recovery took 15 minutes and would have been uneventful except that at minute 10 Hershkowitz's wife showed up and found him "standing, legs apart, in the bedroom, nude below the waist, holding the tip of his



penis in his right hand, turning the pages of the *New England Journal of Medicine* with his left." Just reading the articles, I'm sure.

Things could have been worse. One hears of similarly stricken joggers who've had penile skin slough off, which may not be brass monkey syndrome exactly but is closer than I'd care to get.

We now have a more nuanced understanding of proverbial expres-

sions for fridity. Never mind metallic primates. Cold enough to freeze the delicate bits off a middle-aged doctor? Just means you'd better put another layer on. Frosty enough to do the same to an Alaskan sled dog? Now that, my friend, is cold.

Send questions to Cecil via straightdope.com or write him c/o Chicago Reader, 11 E. Illinois, Chicago 60611. Subscribe to the Straight Dope podcast at the iTunes Store.

TOUGAS (cont'd from p. 6)

"When a dictator builds more jail cells, that can only mean he wants to put more Canadians in jail," said one protester, who disguised his identity by wearing a Stephen Harper Halloween mask. "As yes, I am aware of the irony of wearing a Stephen Harper mask to protest Stephen Harper," said the protester, who was part of a group which called itself Canadians for Ironic Protest.

Protesters were also angry that Harper has attempted to demonize Liberal Leader Michael Ignatieff through an extensive propaganda campaign aimed at painting Ignatieff as an enemy of the country. The ads were paid for by the Conservative party's multi-million dollar campaign war chest, which far outstrips that of all other parties. Protesters called upon Ignatieff to bring down the government, but Ignatieff, weakened by the campaign against and his unpopularity with the voters, has declined to force an election.

Issues big and small have given

Canadians the opinion that Harper is muzzling democracy.

Other protesters are enraged that the Harper government is proposing fees for larger cable users, which they see as the government kowtowing to the giant Canadian cable industry.

"The only way I can watch The Shield is to download it," said one protester, representing a group calling itself Canadians for Freedom From High Internet Fees Charged by Cable Monopolies (CFFHIFCB-CM). "No network in Canada carries The Shield, or The Wire, or Justified. If I have to pay extra because I'm using excessive amounts of bandwidth to download those shows, then my constitutional right to be mindlessly entertained is being violated. I will not pay for these programs."

Still another group of protesters were demanding that Harper fire one of his cabinet ministers, Bev Oda.

Oda, who hides behind dark glasses and is rarely seen without a cigarette dangling from her mouth, has been caught lying to Parliament, which is

traditionally seen as a firing offence. Harper has defended her in Parliament, refusing to allow her to answer questions about the scandal.


Harper, meanwhile, has said nothing. At an event in Quebec City where the prime minister announced the province would receive \$100 million for "whatever they want," Harper stood behind a cordon of security people and refused to speak to the assembled media.

In Ottawa, when the protest appeared to be getting close to being unruly, police asked the protesters to "please disperse, preferably in single file," which they did.

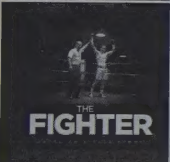
"We're angry, we're fed up, but we're still Canadian," said one protester as she left quietly. A chorus of "oops, sorry" was heard as the protesters gently bumped into each other thousands of times.

"Just wait to see what happens when he gets a majority," one protester said as he shuffled quietly out of the protest.


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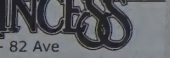
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SAT & SUN
MATINEES @ 2:00 PM
RATED: 14A
14A: VIOLENCE, NUDITY
NO 6:30PM MARCH 9TH PRIVATE BOOKING



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NIGHTLY 7:00 PM
SAT & SUN
MATINEES @ 1:00 PM
RATED: 14A
14A: COMEDY LANGUAGE, SUBSTANCE ABUSE
ACADEMY AWARD WINNER



Black Swan
NIGHTLY 9:10 PM
SAT & SUN
MATINEES @ 3:20 PM
RATED: 14A
14A: SEXUAL CONTENT, DISORDERLY CONDUCT, NOT RECOMMENDED FOR CHILDREN
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Give Up Meat? But It Tastes So Good



MY TOWN SCOTT LINGLEY

THERE'S NO HARM IN EXAMINING YOUR FOOD CHOICES, EVEN IF YOU DO STILL EAT MEAT

I once reflexively doubted people who claimed they really didn't like the taste of meat, though this is probably just a projection of my own omnivorous guilt. As with many junkies, the barbed hooks of my meat-addiction are too multifarious and irreducible to easily dislodge. It's not that I just love chicken wings or donairs or roasted lamb shoulder or bison burgers — I love them all for their succulent individuality. The idea that meat wasn't delicious was nigh impos-

sible to fully assimilate, even when a friend told me that a steak tasted more dead than delicious to him.

A recent article by small farmer/blogger Jenna Woginrich makes the case that people who give up eating meat to opt out of the brutality and environmental toll of industrial meat production need to opt back in and vote with their forks — and their grocery money — for ethical, sustainable farming. "If cruelty is bad for business, business will simply have to change," writes Woginrich, who says she was a vegetarian for most of her adult life. "When consumers demand a higher quality of life [for] the animals they eat, feedlots will become a black stain of our agricultural past."

Conscience-stricken meat eaters (such as myself) might find consolation in Woginrich's imperative to shop at the farmer's market (or raise your own chickens), but for the vegetarians I know in Edmonton — and there are many here for a city so ill-

equipped with strictly vegetarian restaurants — the reasons for not eating meat are usually more complex than a symbolic animal welfare protest. (That said, buying meat from Alberta

on everything).

There must be some reason why cities like Vancouver, Toronto and Montreal have so many self-identified vegetarian restaurants and Ed-

of our patrons as pains in the ass. Their personal charm aside, it was hard not to chafe a bit at the underlying absolute morality of vegetarianism, which refuses to distinguish

"WHEN CONSUMERS DEMAND A HIGHER QUALITY OF LIFE [FOR] THE ANIMALS THEY EAT, FEEDLOTS WILL BECOME A BLACK STAIN OF OUR AGRICULTURAL PAST."

small farmers injects money into our communities, builds local food production and distribution, and is some of the best meat you will ever taste. You can ask the farmers themselves about how they treat their pigs.)

Through numerous failed attempts at vegetarianism (and a stint as a server at Edmonton's one-time continental vegetarian mecca) I've come to appreciate some of the frustration that can come with being a vegetarian in carni-philic Alberta. One abiding assumption is that the vegetarian diet is just an alternative to eating meat, and a trendy one at that, rather than a bevy of rich culinary traditions spanning diverse cultures (the health benefits of a plant-based diet being a moot point given the ever-growing portion of the population who apparently don't care about such things, as well as the proportion of vegetarians who put tons of cheese

mon and Calgary have so few.

Of course, there are scads of places around to get great meatless food, especially among eateries representing ethnicities with strong vegetarian traditions. Aside from the rigorous Padmanadi, though, vegans still have a tougher go trying to eat in public. In any case, vegetarians actively have to defend their cruelty-free diet against food outlets that would indiscriminately feed them fish sauce, shrimp paste, meat stock and other animal-derived ingredients in hard-to-detect quantities. It's a good thing that the dietary requirements of people with severe allergies aren't abrogated in a similarly cavalier fashion.

I was going to say that accommodating the needs of strict vegetarian diners can be seen as a pain in the ass by unsympathetic service personnel, but I worked in a restaurant for vegetarians and I tended to regard some

between the sufferings of sentient beings because all suffering is bad. A rigid ethical stance, to be sure, and a scary threat to start pulling when you consider how much of our oversupply of affordable consumer comfort impacts the lives of people all over the world in less than salutary ways. Trying to free your life of the taint of exploitation can really eat into your leisure time.

Perhaps that's what Edmonton is lacking with its relative dearth of public vegetarian culture — an additional platform for prodding the consciences of a complacent populace blithely masticating the mortal remains of our fellow creatures. Whether or not we all give up poultry and beef for tofu and beans, there's no harm in honestly examining the choices we make every time we sit down to eat.

shlingley@hotmail.com

POINT OF VIEW • HEALTH

The Healing Crisis



**HOLISTIC HEALTH ROBERTA SHEPHERD
YOUR SYMPTOMS MAY GET
WORSE, EVEN IF YOU ARE
REALLY GETTING BETTER**

When I first embarked on a candida-cleansing program, as described in last week's column, I experienced about a week of adverse and uncomfortable symptoms including extreme fatigue, headaches, dry mouth, digestive discomfort, athlete's foot, re-occurrence of yeast infections and depression.

In the field of holistic health, this is known as a "healing crisis" and is often a necessary component to achieving health and wellness. The reason for this is because holistic therapies do not seek to repress symptoms, but rather to draw them to the surface for the purpose of excavation, which makes way for an improved overall experience.

It is important to be aware that when implementing holistic therapies with openness and a genuine desire for change, you can expect a healing crisis where things will likely seem worse before becoming infinitely better. This is especially true with detoxification programs like a candida cleanse, but also drastic, positive shifts in nutrition like eliminating packaged and processed

foods, as well as herbal therapies and sometimes regular body and/or energy work like reiki, reflexology and massage.

The concept of the healing crisis is rooted in what the holistic community knows as "Hering's Law of Cure". Constantine Hering was a European physician from the 19th century. As a student, he was hired to write a book antagonizing the concepts of homeopathy in comparison to conventional medicine. While undertaking this task, Hering suffered a severe wound to his hand and, as it became infected and inflamed, his counterparts suggested he have it amputated. Hering applied homeopathy against his colleagues' recommendations and recovered fully. Inspired, Hering shifted his allegiance and became one of the most influential contributors to the practice of homeopathy, as we know it today. Hering's Law of Cure states, "All cure starts from within out and from the head down and in reverse order as the symptoms first appeared." This describes the process that our bodies go through when we pursue "right" living, such as proper nutrition, detoxification processes and other healing techniques, as described above.

The late Bernard Jensen, a chiropractor, renowned author, lecturer, teacher and pioneer in the studies of iridology and holistic nutrition, expands nicely on Hering's philosophies regarding the healing crisis. Jensen says that the "healing crisis is the result of an industrious effort by every organ in the body to eliminate

HEALING cont'd on p. 10



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HEALING (cont'd from p. 9)

waste products and set the stage for regeneration. Through this constructive process toward health, old tissues are replaced with new." Further, he explains that Hering refers to the brain when he speaks of "the head". The brain is crucial in any true healing process as it controls both the endocrine and nervous systems — both integral to healing and overall wellness. Moreover, the brain's contribution to renewal also refers to the psychological component of disease.

We can speed our own healing process by taking a positive stance on health, exploring and releasing any mental blockages to wellness such as self-defeatist belief systems.

Do not confuse a healing crisis with a disease as they present themselves very similarly. This is because a healing crisis can involve the re-appearance of old symptoms that return for discharging accumulated toxins in anticipation of tissue repair.

How would you know if you were experiencing a healing crisis versus a

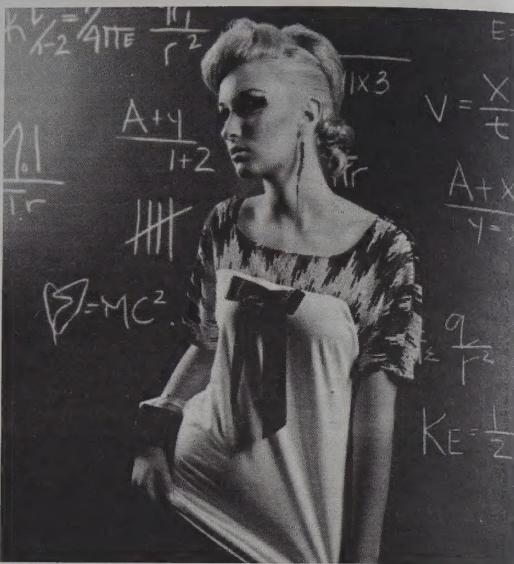
disease state? Any mindful, holistic pursuit of better living with avoidance of suppressing symptoms will usually produce a healing crisis in a matter of weeks. If your symptoms are severe and persist for a prolonged period, please consult with a health care professional.

Roberta Shepherd teaches in the Holistic Health Practitioner Program at Grant MacEwan University and is a practitioner at Prana Holistic here in Edmonton.

holistichealth101@gmail.com

FASHION • PREVIEW

Focus On E-Town



Suka Clothing, independent Edmonton designers at Bamboo Ballroom | PHOTO SUPPLIED

EDMONTON SPRING CLASSIC WORKS TO PUT LOCAL FASHION DESIGNERS IN THE SPOTLIGHT

EDMONTON SPRING CLASSIC

Treasury Vodka Bar and Eatery

Friday, March 4

BY VICKIE LALITIS

When one thinks of Edmonton, stereotypes such as hockey, oil, or even icy winters may come to mind. Fashion, on the other hand, is not necessarily high on the list of associations to our great city. Enter *Edmonton Spring Classic*.

This first annual event is something of a test project geared towards shining a spotlight onto Edmonton's fashion scene, and in the process, sparking interest into the world of local style and design.

"Fashion is a powerful form of self-expression, but a lot of people don't see it that way," event director Wade Tompkins says. "It's my hope to show Edmontonians that fashion can be fun, enjoyable and easy."

Tompkins knows how hard it is for young designers to establish themselves in this city, where mass retailers and chain stores reign supreme.

"Edmonton is not exactly known for its fashion," he says, "so local designers don't always do so well. This event is an opportunity to showcase their talents and get people excited about fashion."

Taking place on March 4 at The Treasury Vodka Bar and Eatery, the event will boast seven local designers showcasing their collections in an intimate and interactive setting. Instead of going for a stage, Tompkins has opted to have the models and designers readily accessible to guests by positioning them on the floor.

"It's nice to be able to talk to de-

signers and pick their brains, which is why the event is structured in this way," he says.

The evening is set to have an industry theme, and will therefore comprise of a red-carpet entrance, tasty treats, dancing, a VIP room, and a live photo shoot of the models.

"How many people have actually seen a live photo shoot?" Tompkins says. "It's a great experience for people and will hopefully get them excited about Edmonton's fashion scene."

But more than just a plug for local fashion, the event is aimed towards giving back to Edmonton's design community and \$1,000 will be awarded to designers of the audience's choosing.

This way designers not only receive the exposure and recognition they deserve, but some financial compensation as well.

Guests are required to wear evening attire, further adding to the chic ambience of the event. And since many locals do not usually have reason to don their finest, Tompkins is hoping to get people excited about dressing up in this city.

"It would be cool if 10 years from now people looked back on the event and said 'Wow, this is where it all started for Edmonton,'" he says optimistically. "This could be the start of a whole new industry in Edmonton, and I think people can play a major part in it. This is our opportunity to start fresh and put ourselves on the map."

Tompkins' refreshing belief in the city's potential for a vibrant and flourishing fashion industry is but one reason to support *Edmonton Spring Classic*. A red-carpet event brimming with stylishly clad Edmontonians and the city's creative elite, however, speaks for itself.

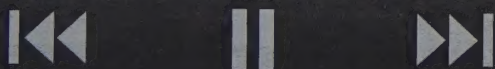
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Parkallen Restaurant Gets A Spruce-Up



THE RESTAURANT THAT ONCE SET THE STANDARD FOR LEBANESE FOOD LOOKS GOOD, BUT THE FOOD HAS SLIPPED

PARKALLEN RESTAURANT
7018-109 ST. 780-436-8080

BY SCOTT LINGLEY

As I've pointed out previously and frequently, Edmontonians are spoiled for choice when it comes to Lebanese food. New venues for Middle Eastern fare seem to pop up almost daily and, as I noted in my review of Castle Bake a few weeks ago, great Lebanese food can be sometimes be found in what appear to be rather chanceless settings. Rarer are the Levantine eateries that aspire to a higher level of customer service, ambience, presentation and, one would assume, quality.

Round these parts, the standard-bearer has long been Parkallen Restaurant, which went from being a wee pizza operation with a sideline in

Arabic treats to a progressively more stylish dining room with a legendary wine list.

It was almost certainly Parkallen that exposed me to the wider world of Lebanese cuisine beyond hummus and shawarma and for that I will forever be grateful. Their premises on 109th Street recently underwent an in-and-out facelift that modernized the appearance (and made their extensive cellar the centrepiece of their décor), but preserved their beloved menu, including the top-notch pizza on which they initially made their name.

In enjoining a shut-in friend of mine to join me for dinner, I had to find a restaurant close to his home in Allendale so he wouldn't have to take too much of a break from his rigorous schedule of smoking and compulsive cat-grooming. In any case, I was happy to have an excuse to revisit Parkallen. Even on a frigid Wednesday night, the restaurant was well attended, with at least one birthday party happening in our near proximity. Out of respect for this special occasion, my friend even doffed his shower cap, which he generally insists on wearing to keep Martians from burning his hair.

Our negotiations about what to eat were quick and to the point —

we would share some warek aneb (stuffed grape leaves, \$10) and jah-wahneh (chicken wings, \$10) to start. My guest wanted shish tawouk (\$20) and was prompted by the server to pay the extra dollar for the platter version, which entitled him to his choice of two sides. I followed that

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THE GIST: THE RENOS LOOK GREAT!

TRY THE: WAREK ANEB (\$10) BEWARE: YOUR OWN EXPECTATIONS

advice and ordered the laheem mish-wee platter (\$21), with Lebanese rice and fattoush salad. To round it out, I selected a quite palatable red wine from Lebanon's Bekaa Valley, which deserves a stronger international reputation as a wine region.

A standard trait of the Lebanese table is abundance — unless said piece of furniture is sagging under the weight of entrees, sides, appetizers, dips, pita and a big plate of raw vegetables and fresh herbs to wash it all down, the Lebanese hosts whose hospitality I have enjoyed would feel their feast incomplete. So it was a

bit of a surprise that Parkallen didn't provide much in the way of frills. I mean, everything arrived exactly as described on the menu, but the meal was short on those meaningful little extras. It was, for instance, perhaps the only Lebanese meal I've ever had that wasn't presented with lots of pita bread.

When the food hit the table, my dining companion noted that he didn't like chicken wings — perhaps the bones reminded him of his own mortality — which left me a hefty appetizer to myself. The meaty wings were slathered in a "spicy coriander sauce" according to the menu, but it tasted more like a mild, herbed, tomato-based sauce. The portion of briny grape leaves stuffed with rice and beef was likewise ample and tasty, but provided without dip or other savoury complement save a lemon wedge.

The entrees arrived in good order, each with a pair of meat-skewers draped over our respective sides (my dining companion had tabouleh and roasted potatoes). I provoked his morbid fear of germs by suggesting we do a kebab swap for added variety, but eventually he relented and surrendered some chicken in exchange for some of my Alberta beef. The beef had been marinated in olive

oil and spices to achieve a richly flavoured char-grilled exterior, but the individual cubes were variously sized and, thus, cooked to varying degrees of doneness when I would have preferred a consistent medium rare.

True to the style, my co-diner's tender chicken kebab was imbued with garlic and aromatic spices, and came with a side of potent garlic sauce.

Lacking a condiment of my own, I asked our server for a side of the same. She sounded amenable, but didn't make it back to our table for the rest of the meal, which at least spared me the awkwardness of having to ask for it a second time. I contented myself with the big heap of Lebanese rice, scented with cinnamon and clove and abundantly garnished with roasted almonds, and the crunchy salad of romaine, tomato, peppers, cucumbers, red onions, fresh herbs and pita crisps in lemony vinaigrette.

In the end, my dining companion and I left suitably stuffed, with a few warek aneb left over for a midnight snack, so there was little to complain about. But seeing as how Parkallen set the standard by which I measure other Lebanese restaurants and given its fabulous new look, I was expecting a bit more.

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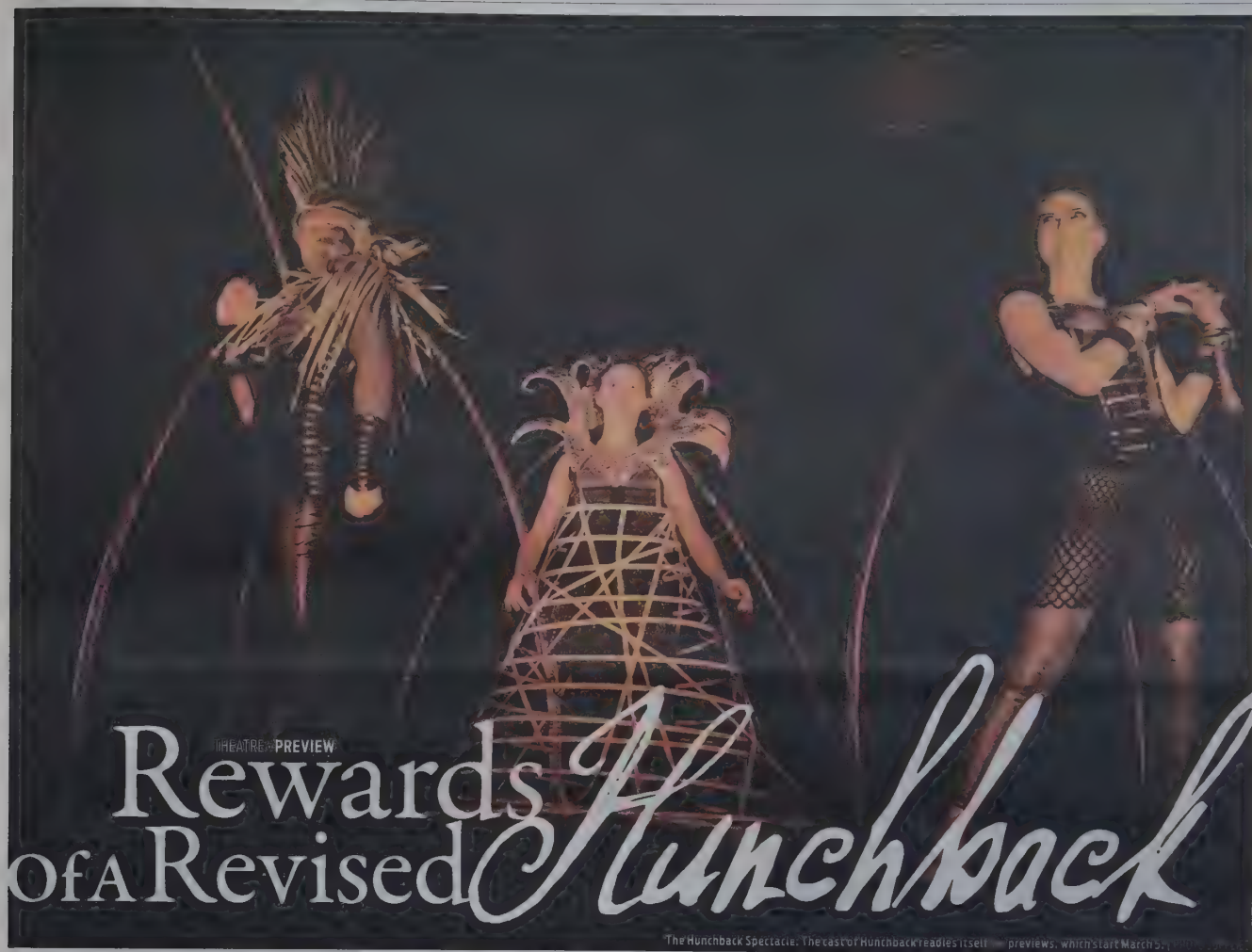
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HUNCHBACK

Saturday, March 5-Sunday, March 27

Shoctor Theatre

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BY AMY NEUMAN

I'm embarrassed to admit that the only version of *The Hunchback of Notre Dame* that I'm familiar with is the Disney film, and I suspect that Victor Hugo didn't intend on talking gargoyles or a sugar-sweet happy ending. Fortunately for me and anyone else in the same predicament, the good people at Catalyst Theatre have put together their own version titled *Hunchback*, allowing those of us who have been negligent in our exposure to this classic a chance to rectify the situation.

Hunchback is conceived by Jonathan Christenson and Bretta Gerecke, the powerhouse team behind the award-winning *Frankenstein* and *Nevermore*, and this tale of the deformed bell-ringer includes original music by Christenson, and the innovative design by Gerecke that has come to be a sort of visual trademark for Catalyst productions.

"Our version is a romantic, gothic tragedy, and it is about what individuals do for love, and how unreasonable people can be," Scott Walters says. Walters will be tackling the challenging role of Claude Frolo, the tormented priest and caretaker of the cathedral who develops forbidden, unfamiliar feelings for the Gypsy dancer Esmerelda.

The creation of the play began with a workshop process last August which formed the core of the show, and then the cast came back together in January to rehearse the completed version after Christenson had some time to write and compose. The show then pre-premiered up in Fort McMurray to standing ovations, and after adding live musicians it will receive its world premiere at the Citadel.

In addition to the distinct stylized design of the show, Walters tells me that this production is unique in its adherence to the tragic ending.

"Of all the versions that we watched, none of them went for the original full story book ending," he says. *Hunchback* takes the audience back to the source and Walters assures me they won't be slapping on a happy ending.

The production is being commissioned by the Citadel Theatre, so rather than being performed in the Catalyst space, it will inhabit the larger Shoctor Theatre.

"The size of our show is very grand; its style is in the realm of opera and Greek tragedy, the size and gestures of the cast will be quite large, quite stylized and will fill the Shoctor space

appropriately," Walters says. "It's going to be very suitable for the Citadel."

Audiences can look forward to some big costuming choices as well as big performances.

"The materials that they're using for costumes are gorgeous; they're expressionistic and the lines are exaggerated," Walters says. "I've been given six inch plastic wedge shoes." "The priests garb is very large; I look immense on stage. I think my height adds to the erectile nature of the character — the more Frolo sees Esmerelda the taller he becomes."

For Walters, who trained at Grant MacEwan in the musical theatre program, the dramatic nature of this production has been a new challenge.

"I'm a comedian and singer — I'm used to doing the funny stuff, lighter stuff. This is truly the first tragedy that I've ever done," Walters says. "It's been the biggest challenge of my life to telegraph a character who restricts emotion and expressing love."

As is often the case in life, with the biggest challenges come the biggest rewards. What is Walters' favourite moment in the play?

"Frolo arranges to have Esmerelda trapped in the catacombs of the church, and he finally gets her alone, and he blows it. The ultimate tragedy to me is to confess your love to someone and they don't want anything to do with you. My favourite part is when his heart gets broken."

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BY AMY NEUFELD

The prospect of speaking with a Canadian comic legend, a man who has been performing for more than 30 years, has received two Gemini awards, the ACTRA Award of Excellence for Lifetime Achievement, has written for and performed with *The Kids in The Hall*, and was one of the founding members of *CODCO* (of the CBC sketch comedy series), is a little daunting. Fortunately, Andy Jones immediately puts me at ease with his warmth and friendly conversation, as we chat across the country (he's calling from St John's) about the weather, family, and comedy.

Jones is coming to Edmonton to perform his one-man show *An Evening with Uncle Val* which will close the Fringe Theatre Adventures series this year, a show that Jones has been doing "for a good while now," he tells me. In fact, he created the character of Val in 1978, based on Newfoundlander Francis Colbert, a singer and storyteller from the small town of Job's Cove.

"I started imitating him because he's very witty," Jones says. "I loved his presence on stage, very powerful but very understated. I really worked on the accent and started speaking as this guy and the character Val emerged. Luckily [Francis] didn't recognize himself!"

The show, set in 1987, finds Val, a 70-year-old fisherman living in the 'big city' of St John's after being displaced from his outpost home. While struggling to find his place in the urban environment, Val also deals with death, birth, romance and living with his daughter and her family.

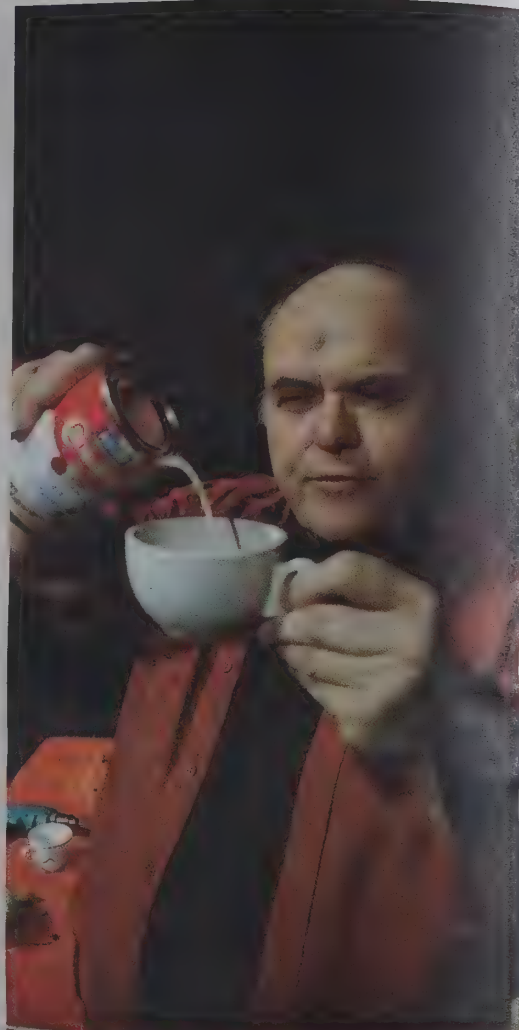
The play takes the form of letters that Val writes to his friend back home.

"Half the show is me as Uncle Val, and the other half is me talking about what Uncle Val is and how he fits in," Jones explains.

It's this second half that I suspect is the most meaningful for Jones, as we talk about Newfoundland's culture and tradition, and its place in Canada.

"I wanted for so long to talk about the stuff going through our minds those days [when *CODCO* was founded] when things were just beginning in theatre, and I wanted to do it in a light-hearted way."

A quick glance at Jones' body of



Pour Some Condensed Sugar On Me: Uncle Val's antics visit until March 13 | PHOTO SUPPLIED

work, which includes several one-man shows and two children's books, shows how essential the Newfoundland experience is to his art. He speaks about being seen as a joke by the rest of the country, as "bumpkins" with disappointment at being so poorly represented.

"What we've been trying to say is that we have this little civilization here of our own, hundreds of accents, beautiful turns of phrase, a great tradition of story-telling and humour and music."

Even over the phone Jones is skilled at enticing the listener with descriptions and stories of his home.

And I wonder, how does audience reaction change when Jones is playing to a crowd outside of Newfoundland? How important is it that the audience have an understanding of Newfoundland culture?

"I find that audiences are more different night to night than province to province," Jones says. "There's

not a great difference when you play across Canada than in Newfoundland. There are one or two things [in the show] that non-local audiences won't get, but I keep it local to keep it more real and genuine. It's like when I watch British TV shows; I don't always get who they're talking about, but I still understand and I laugh."

Given all of his success, and all of the big Canadian comedy moments that Jones has been a part of, I'm curious to know who would be on his wish list of Canadian comedians to work with. Again, Jones keeps his answer local, and tells me about The Dance Party of Newfoundland, and Dave Sullivan, two Newfoundland acts that he admires.

"I would like to work with the *CODCO* people again, but it'll never happen I think," he says. "Basically, I'd love to sit around with any group of comedians thinking of funny things. That's so luxurious. I can't imagine anything better."

ART • PREVIEW

Memories of A Mountainous Region

LISA REZANSOFF FINDS INSPIRATION FOR HER ART IN EVERYDAY PLACES — CHECK IT OUT AT LATITUDE 53

LISA REZANSOFF

Friday, March 4 to Saturday, April 2
Latitude 53

BY ALISTAIR HENNING

Hot on the heels of a typically fabulous instalment of Latitude 53's annual 53 Ways To Leave Your Lover Factory Party extravaganza, Edmonton-based artist Lisa Rezansoff is bringing her latest explorations in drawing and printmaking to the gallery beginning March 4.

Rezansoff's work is a mixture of figurative, abstract and fantastic imagery.

"I move in and out of figuration and abstraction, letting them drift and blend into each other," Rezansoff says. "I think it's similar to a dream. I've been focusing on this fish-scale sort of pattern with these prints. It can be houses or people or mountains, and then become a field or sky, or a bunch of eyeballs or caves."

This pattern allows for a special

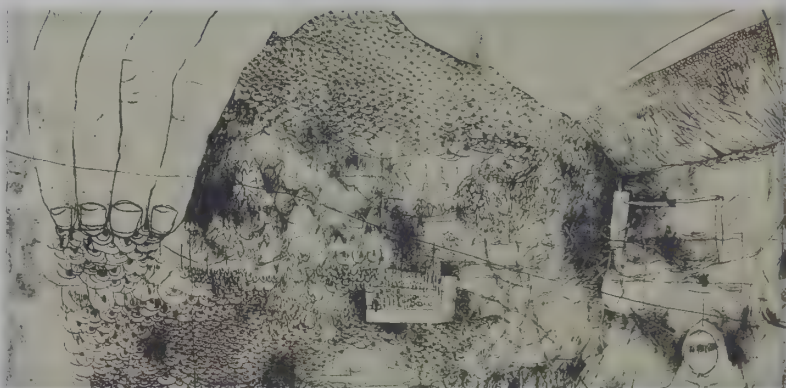
depth of art and a great vision.

"[It] has let me play around with different levels of abstraction, and it's opened up a different approach to composition than what I'm used to," says Rezansoff. "I've been getting caught up in this very repetitive, obsessive mark making, which then flows into more chaotic and uncontrolled ... but it's still a variation of the same pattern. For me everything is about the line...it can represent a figure, and can also be totally abstract. The line is the narrative."

In terms of content, Rezansoff explains that the images in the show draw on her memories of "a mountainous region of southern BC where I grew up called Grand Forks. This series is part of a larger, ongoing personal narrative that's connected to memories of this place, but also the present moment. Things come together when I put pencil to paper and make a mark."

The starting point for these prints, Rezansoff says, was her research into the Doukhobor history, which is her cultural background.

"I was inspired by certain themes in the stories and testimonies that I've been reading," Rezansoff says,



A copper etching from Lisa Rezansoff's Latitude 53 show which starts Friday, March 5. | ART BY LISA REZANSOFF

"and from things I already know about Doukhobor philosophy and way of life. Certain symbols started to become more important to me, like the hand. But there is more than just one meaning. I am weaving together little bits of these narratives about community, pacifism, struggle and hard work, gardening and human connection to the landscape, with my own experience. I want to learn more about where I'm coming from, through the process of drawing."

Rezansoff is excited about the Latitude 53 works.

"The show at Latitude is a bunch of copper etchings that I've been working on at the studio SNAP (Society of Northern Alberta Print Artists)," says Rezansoff. "They are the first batch of a series that's in progress. I was given a four-month studio scholarship from SNAP, which has made it possible for me to continue working in this medium since finishing the printmaking program at the

University of Alberta."

Also appearing at Latitude 53 beginning March 4 is Montreal artist Mathieu Valade. Inspired by the legacy of minimalism, he will be creating a sculptural installation of one hundred mirrored cubes.

For more information on Latitude 53, check out Latitude 53's blog (<http://blog.latitude53.org/>), including posts from SEE's own Fish Griukowsky, who is also Latitude 53's current Writer In Residence.

METRO • PREVIEW

Anti-War, Uh, What Is It Good For?



A scene from Winter Soldier — playing March 4-7 at the Metro Theatre | PHOTO SUPPLIED

WINTER SOLDIER MISSES THE MARK AS AN ANTI-WAR PIECE

WINTER SOLDIER

Metro Theatre
March 4 & 6, 7 p.m., March 5 & 7, 9 p.m.
★★★★☆

BY BARRY HAMMOND

What a curious time the late 1960s and early 1970s were. It was a time when fashion (the way someone wore their hair, grew their beard, or the way they dressed) was believed to entirely encapsulate their attitude to everything in life, including their morality and politics. In film history, it was represented by movies like *Easy Rider* (1969), *Medium Cool*

the time doesn't think they're imposters: hairy, anti-war, commie peace-niks, posing as military men).

The title of the film is taken from a 1776 quote by Tom Paine at Valley Forge about summer patriots. The viewer has to wonder: hadn't they ever heard that other quote, attributed to William Tecumseh Sherman, "War Is Hell?"

It seems odd that in light of previous anti-war novels and films: *Johnny Got His Gun* — book 1939 and the movie coincidentally the same year this film was made, *All Quiet On The Western Front* — (book 1929 and film 1930) that these young men could have gone into it, even at that time, being so naive as to think that there were some kind of Marquis of Queensbury rules involved and that murder, rape, torture, racism, forgery of statistics, and atrocities weren't part of what they signed up for.

Perhaps they grew up believing Americans were heroes and good sports — fair to all and sundry. There was certainly a tradition of film and television in the period prior to Vietnam: *It's a Wonderful Life*, 1946, *Leave It To Beaver*, 1957-1963, *Father Knows Best*, 1954-1960, and *The Andy Griffith Show*, 1960-1968.

The viewer is left feeling uncomfortable in that the testimony is mostly from those who went along with all the outrageous acts they de-

scribe but only felt bad about them after the fact. You feel there's some truth to the idea that because Vietnam was an unpopular war they reacted like this because others their own age were berating them when they returned. It seems to be the reason they changed their appearance to fit in more with the style of the times. *Films like Deer Hunter* (1978), *Com-*

ing Home (1978), *Apocalypse Now* (1979), *Platoon* (1986), and *Born On The Fourth Of July* (1989), have since changed society. "Hate the war. Respect the soldier," has become more the by-line of protest.

The whole genre of anti-war films is a difficult one to criticize. While they're admirable in intent, they

WINTER cont'd on p. 16

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Get Thee To A Gamery



Bloody Hell: A romantic scene from *Fallout 3*—a game which may be occupying your child/friend/lover/parent's entire life. | PHOTO SUPPLIED

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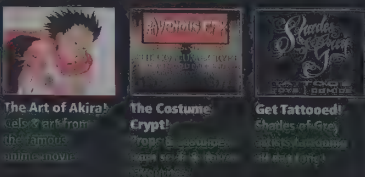
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INFINITE LIVES **DARREN ZENKO**
**IT'S SAFE TO SAY THAT SEE'S
GAMER IS MORE-THAN
ENAMORED BY FALLOUT 3**

There's a dark flip-side to writing about video games. Your heart's breaking, I know, but if you've got even a little procrastinator in you, you know what I mean; imagine a life where every click of a gem, every blast of a zombie, every grind to the next level can be excused, however feebly, as "work." Everything else can go to shit as you paw at that little reward-lever like a twitchy experimental rat. Sometimes, you'll surprise even yourself with your obstinacy; like, for example, I'm asking myself right now: "What's it gonna take for you go get bored of *Fallout*?"

Trick question. It's not so much *Fallout 3* and *New Vegas* that have me by the glands, but the whole Bethesda-style open-RPG thing regardless of setting. Before this it was *Oblivion*, before that sweet, sweet *Morrowind* (love ya, Morry, xoxo)... I've been swinging like a nerd Tarzan from one to the next for the better

part of a decade, leaving in my wake a jungle floor littered with blown deadlines, shirked responsibilities, hundreds of never-to-be-recovered hours. And here I am again, reaching for the next vine as the *Fallout: New Vegas* downloadable content cycle starts up with "Dead Money."

In a way, "Dead Money" is merciful, a gentle bump of the drug. Rather than a full-blown expansion like *Fallout 3*'s "Point Lookout," which ruins your life with a whole new world of nooks and crannies to explore, this is a single, self-contained adventure with a beginning and an end; it explicitly releases you at some point — ejects you, even. It's less an expansion than an "expression," repurposing the machinery of *New Vegas* into a standalone game with its own rules and concerns. The perverse thing is that the only way this kind of one-off can manage is by doing everything it can to mitigate or eliminate the open-world freedoms that are the whole point of its parent game.

Oh, right; "Spoiler alert," you big babies.

Step one: strip the PC down to his or her skivvies. Packrat players are going to be loaded down with infinite combinations of insane guns, impervious armors, and enough ammo and meds to supply a division of trigger-happy junkies. That's not only a bitch to balance but aesthetically untidy; level the playing field

with a standard-issue jumpsuit and a makeshift spear and you're ready to start telling your carefully constructed story without having to account for nuclear weapons. Some *Fallout 3* expansions got cute with alien abductions or virtual realities; "Dead Money" goes classic with a faceful of knockout gas.

Next, make the player walk that storyline. Build the maze and march them through it, with just enough "role playing" wiggle-room to keep it from slipping completely out of genre and into first-person-shooter territory. *BioShock* made its critical fortune satirizing the tools of player manipulation, and it's tough to tell whether "Dead Money" is in on (or repeating) the joke or just saying "fuck it" and going with the handiest blunt instrument; not only is there a disembodied (and transparently "evil") voice telling the PC what to do, but there's a freakin' bomb-collar that'll go off if they don't. The world of "Dead Money" is just slightly more open than a cattle chute.

So...how is it that did I played it for hours, and for the most part enjoyed it? I have to admit that most of the fun I had was what you'd call meta-fun; thanks to the stripping-down of the player character, I got to step back and watch how the designers built up an ecosystem, where they opened and where closed travel routes, how they doled out ordinance and currency, how they escalated challenge. It's fascinatingly transparent, like that resin model of an automobile engine they kept in the Industrial Arts shop.

As for plot, "Dead Money" is pretty much par for the *Fallout* course in that the story you're playing through isn't half as interesting as the story you're playing in front of; it's the backstory and *mise en scene* that provide most of the narrative value. And that's enough! That's all I want. The promise of more heartwrenching tableaux of charred skeletons, of computer terminals filled with e-mail chains detailing corporate malfeasance in the run-up to nuclear war, of doomed starlets and megalomaniacal paranoids... it's not the game I care about, it's the world.

WINTER (cont'd from p.15)

seem ineffective. Young men still go to war and are either killed or disillusioned. Several people say during the course of *Winter Soldier* that they want to make sure that these practices end and that the type of military brainwashing they were subject to doesn't happen to others. It seems to be a rarity that people actually take warning from second-hand experience given to them in either print or other more modern media like film. Humans don't seem to change until they experience things personally,

first hand.

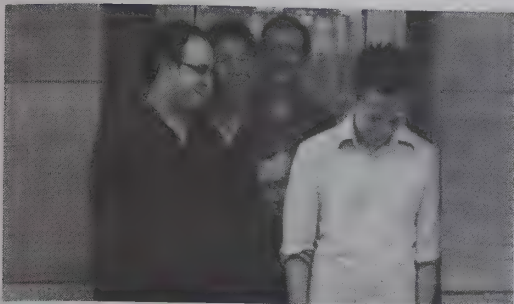
For example, there were anti-war films before Vietnam, plenty of films about that conflict, yet none seem to have prevented soldiers signing up for Iraq and Afghanistan. There's now a tradition of anti-war films from these conflicts to add to film history: *Jarhead*, 2005, *Redacted*, 2007, *Lions For Lambs*, *Rendition*, 2007, *In The Valley Of Elah*, 2007, and *The Hurt Locker*, 2008. It's probably why governments and politicians draft soldiers young, before they have the life experience which might

result in their having second thoughts.

A more interesting program might have been to bring back the participants (like former presidential candidate John Kerry, who's one of the soldiers depicted here) now, 40 years later — rather like Michael Apted did with his 7-49 Up films — to see what they think today in light of the intervening years, to see what's happened to them since, if they've changed their minds in light of 9-11 and the subsequent "war-on-terror," or if they're still anti-war.

MAKING THE BAND • JAMMIN'

Jazz On, Jazz On



The Worst Pop Band Ever! play their best at the Yardbird, March 15. | PHOTO SUPPLIED



JAZZ STANDARDS **DON BERNER**
**CRACKING THE JAMMING
 BUSINESS IS A TOUGH THING
 — PERSEVERANCE IS A MUST,
 BUT THERE ARE SOME RULES**

To jam or not to jam? That can be the question when one hasn't made it a habit to go out to one of the city's longest standing jazz traditions — The Yardbird Suite's Tuesday night jam session. As far as my recollection and any records can figure, the first jam started in 1989, at the behest of then-Edmonton-dwelling-saxophonist Gordon Towell. He ran them along the traditional lines of a jam session, where established professionals mixed with up-and-comers, trying to cut their teeth. There was an understanding that younger players may have to develop a thick skin and be able to handle critique in order for the learning process to take place and the jazz tradition to continue. (Bear in mind that according to jazz lore Charlie Parker had a cymbal thrown at him by the drummer at his first jam, so constructive criticism seems extremely gentle by comparison.)

The Tuesday jam has undergone a number of regime changes since that time, and currently is run by reed man Dave Babcock. The format remains largely the same, with a house band taking the stage at 8 p.m. to be joined by jammers of all stripes at 9 p.m. What has changed is the tone of the times. We live in a far more politically correct era than 20 years ago.

So listen up kids, I'm about to give you some suggestions that no one else is going to tell you in these genteel times. I'm going to tell you a few ways you can ingratiate yourself into the jazz scene, rather than stumble into it like a bull in a china shop.

1.) Don't leap in with a presumption of equality. If you make it down

to the jam and P.J. Perry happens to get to play ahead of you ("The best player in my Grade 9 band class!"), roll with it. Sorry to break this to you but there IS, in fact, a pecking order. (The worst thing TIME magazine ever did for people's sense of entitlement was name "YOU" the most important person of the year.)

2.) Don't take self-indulgent 45-minute solos on one tune. This is a group exercise — not self-satisfaction. Many jazz musicians in this city learned this the hard way (the hard way being forcefully told — "STOP PLAYING") in eras where niceties were not the be-all-end-all of performing a task.

3.) Once you've made your presence known to whomever is running the jam — DO NOT STORM THE STAGE. The player in charge will call you up when and IF he wants you up there on any given night. You are not entitled to play at the jam. You aren't the person whose name is on the bill.

4.) Show up and listen to the house band and your fellow players. There are large segments of the jam-going population these days who are seemingly under the impression that they should arrive immediately after the house band stops performing, storm the stage, then leave immediately after they've gotten their rocks off. This is not a good way to learn. This is not a good way to network. This is not a good way to ingratiate yourself.

The music industry is a difficult one to make a career of and it owes no one a living. If this is a scene you want to become a part of, make your best attempt to make yourself as desirable as possible, not as demanding of attention as you can possibly be. You might find you like the results. This month's line up for the Tuesday night session includes some of Canada's best for the low price of \$5. You can check out AND play with the likes of: The Jim Head Quartet, The AB Trio, a Band called "The worst Pop band ever!" (From TO) Jerrold Dubyk, and Lindsay Woolgar. The Suite also maintains it's regular weekend performance schedule as well. Find out more at www.yardbirdsuite.com

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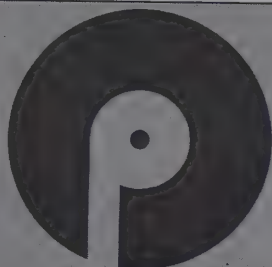
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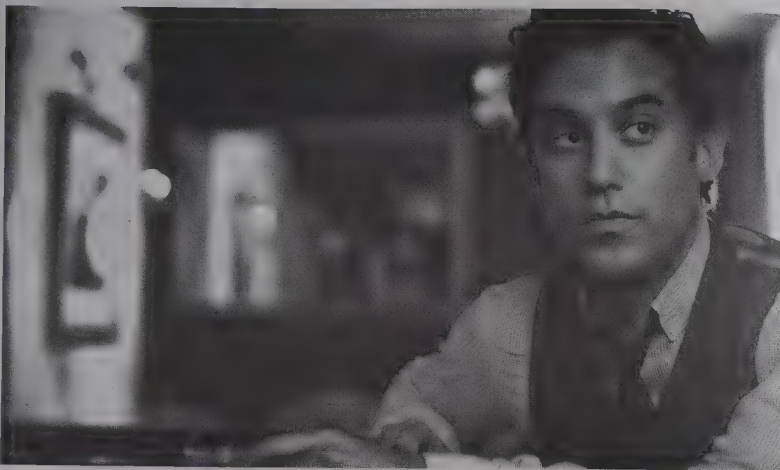
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ROCK • PREVIEW

Simple Times And Scrubs



Ain't No Scrub: The dapper Joshua Radin plays a sold out Starlite on Saturday, March 5. | PHOTO BY ALAN GASTELUM

JOSHUA RADIN'S SONGS ARE EVERYWHERE, WHICH SHOWS THAT HAVING FRIENDS (AND TALENT) TRULY DOES WORK

JOSHUA RADIN

With Cary Brothers and Laura Jensen

Starlite Room

Saturday, March 5, 8 p.m.

Tickets: Sold Out

BY ERIN MCCARTY

Though you may not know him by name, chances are you've heard Joshua Radin's music before. He's had songs in over 75 film and television placements, including *Grey's Anatomy*, *Scrubs* and *House*.

The 36-year-old Ohio-born singer and songwriter is hitting the Canadian road, promoting his latest album *The Rock and the Tide*. Joined by fellow musicians Cary Brothers and Laura Jensen, Radin looks forward to playing for Canadian fans after doing the majority of past touring in the U.S. and U.K.

"I just signed a deal with Universal Canada, so I'm excited to be playing there," Radin said in a telephone interview from New York. "I love Canadians. I was raised in the Midwest where people are generally nice and honest, and that's how Canadians are."

He's also a big fan of Canadian music too.

"Arcade Fire is one of the best bands around. I'm a big fan of Dal-

las Green, too ... if I could do a duet with a Canadian, I'd love to work with Feist. I love her voice and she's a badass on guitar."

Radin came into the music scene in 2004, when he played the first song he ever wrote — "Winter" — to college friend Zach Braff, who took it to *Scrubs*' show creator Bill Lawrence. Radin had only learned how to play guitar two years earlier.

"It all really took off from there."

Since, Radin has collaborated with artists like Patty Griffin, Imogen Heap and Tori Amos.

The Rock and the Tide, Radin's third studio album, was released last October. His debut album, *We Were Here*, was released in 2006, and *Simple Times* followed in 2008.

His music centres on the realizations of love and heartbreak in his own life, experiences he said have helped him write some of his best songs.

"I think it's harder to write a song that's not personal. I couldn't and wouldn't know how to fake it. The only thing I know how to do is make myself completely vulnerable and write exactly what is in my head."

Radin said he has been a rabid music fan since childhood.

"As a kid, I was a total Beatle maniac. My parents love listening to great music. My dad's favorite songwriter is Paul Simon, and I think he's someone I've tried to emulate vocal-

ly: I guess I try and write like Simon

and sing like Garfunkel."

The Rock and the Tide features songs "She Belonged to Me" and "Nowhere to Go" that channel a sound reminiscent of Bob Dylan, someone Radin says he has great respect for as a storyteller.

This departure from unplugged folk-pop to a more voluminous, rock-inspired sound was deliberately done to project better in those bigger venues he's been playing, such as Glastonbury.

"So, with the last record I tried to write stuff that was better for larger venues. You couldn't play a song like 'Winter' at an outdoor festival in a field with 45,000 people because it just gets swallowed up. So I tried to write songs that I could play with a full band, and go back and forth."

Although trying new things, Radin cannot depart from his roots.

"It doesn't mean I'm giving up on acoustic based music at all. I love intimate venues. It's just nice that when I play a live show, I can pick up an electric guitar, plug in and rock out in any venue."

Acoustic or not, Radin never expected to achieve so much success in a relatively short period of time, and it's still surprises him.

"It's always nice when my mom calls me and tells me 'I heard your song on this show'. It's really something else watching how people respond to your music. It's very humbling."

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COLD TOWN • WINTER IN THE CITY

Lord! Change Thy Weather



ILLUSTRATION BY ANDY COOKSON

there to show Him and "accidentally" drop in on the floor near the dial. I think you get the picture.

Jesus, this is an emergency. I totally understand the "no favours" Contract with God thing, and frankly whenever I get cancer and die that's fine, there's way too many fucking folks, anyway. But I'm talking about a lot of good peeps here who will not stay in Edmonton any more if you can't help us out with a little Cha Cha Cha (snapping fingers).

I beg you, brother.

P.S. What's the fucking deal with Mel Gibson?

Back in the real world, first go to www.theawesomehots.bandcamp.com. Have you done that yet? Now get your pet or lover in the room with you. OK, now, knowing this

First, from the Gerry Todd show, find Tom Munroe's loungey "Turning Japanese" which is a hilarious parody of the actual video by the Vapors. That is Edmonton grass Rick Moranis is walking on. Remember it. Next, from Mel's Rock Pile, find the Queen Haters, worth your time to see John Candy's ridiculous take on punk alone. The song completely fucking rules, Martin Short is just killing it. OK, enough TV.

Jason Dublanko from sKin wanted me to swear at you randomly to convince you Molten Lava is the best band in the world right now, they opened up for Black Mastiff (see record review in *Listen* pg. 20) in a powerfully entertaining show over the weekend. Wunderbar was kicking ass all week, too, with DBL Dragon,

I DON'T WANT TO GET INTO SOME OF THE SHIT HE'S PULLED ON YOU, YOU GUYS SEEM TO HAVE SORTED THAT OUT – BUT DO YOU THINK IT'S POSSIBLE YOU COULD SNEAK INTO HIS WEATHER COMPUTER CONTROL ROOM AND, SAY, ACCIDENTALLY BUMP THE TEMPERATURE DIAL TO THE RIGHT?

overlooking their suburbs? But you have to admit, it's not exactly fair that not only does Rio get mountains to put statues on, they also have nice weather in March.

Your Dad and I have not always gotten along, but you and I share that. I don't want to get into some of the shit He's pulled on you, you guys seem to have sorted that out – but do you think it's possible you could sneak into His Weather Computer control room and, say, accidentally bump the temperature dial to the right? The local one, I mean. I bet you have one of those elastic ball bands from all the mail you get, maybe bring that in

is an Edmonton band, download "I Wait for You" and listen to the whole song, looking into their eyes knowing they will die one day, as Darren Radbourne breathes in and out slower and slower with his accordion. Are you feeling emotions yet? If not, you are a machine, and as such should get back to making toast or displaying porn or whatever it is you've been hired for.

Seeing as you're at your computer (or a smart phone) – right? – may I now suggest you watch two YouTube selections from SCTV to remind you of why Edmonton has always ruled. I'll let you figure out the keywords.

Walter TV and the Wicked Awesomes (no relation to the Awesome Hots except being awesome and saying it). That venue is my favourite place to see bands lately – eye contact will always get you into the most bizarre conversations, and you might even get to see a crazy lady going to the bathroom! Upcoming shows there: Scenic Route to Alaska, Swear by the Moon, Jake Ian this Saturday.

Bitterweed Draw, White Beauty, the Wild Rode Orchestra on Friday, March 11. Address: 8120 101 St. Drink: yes. Lots. To Jesus!

Twitter? Yes, Twitter!! Find and follow Fish: @fishyefoto

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WEDNESDAY

March 3-5 AJ
March 8-12 LYLE HOBBS

WEDNESDAY

March 3-5 JUKE BOX LEIGH
March 6 KARAOKE
March 8-9 STAN GALLANT
March 10-12 DUFF ROBINSON

LIVE MUSIC

Mar 4 & 5, LYLE HOBBS
Mar 7, SEAN BREWER
Mar 9, DUFF ROBINSON
Mar 11 & 12, STAN GALLANT

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VODKA

LISTEN • BY FISH GRIWKOWSKY

Black Mastiff**Black Mastiff**

OK, this is the shit. Co-singer Bobby Yiannakoulis says he doesn't mind vocal comparisons to the smals,

so let's agree and dispense quickly. The experience of seeing Black Mastiff, now a touring band getting tighter and tighter, is more exciting than pattern recognition, anyway.

Oozing with blues loops crested by Yiannakoulis' yawning voice, the song "Keep Your Feet" amazingly contains the phrase "if you lose your way you're lost for good — that's the secret of the wizard's work." The blended harmonies at the end as he and Clay Shea go "Try to keep your feet by digging your heels — so long," is one of my favourite moments in local ston'r rock.

Or how "bout "Weird Fog," both paranoid and Sabbath *Paranoid*, it can be taken a) directly, the work of that wizard again; b) as a very easy metaphor for drug use; or, my fave c) a description of life and living here in this ice-gated community — "the weird buzz buzzing, it's in everything we touch." Man do I miss rock albums like this, cymbals pounding, feedback mountain. And lyrics that prove how cool philosophy is. "Mathematical!" as they say in the cartoons.

★★★★☆

Stan Rogers**The Very Best Of Stan Rogers**

Don't know why this just showed up in the mail; it was released a while back, and apparently a promise to stop re-releasing Rogers' material was broken because of the crisp and immediate sound done in the

remastering. But we humans are the least limited by time and space we've ever been, right?, so I'd like to pass along a recommendation to get to know one of Canada's best folksingers (if you don't already). From displaced Maritimers singing "The Taverns of Edmonton" to "The Field Behind the Plow," Rogers' earthshaker baritone is both beautiful and whatever the nicest words for hokey are you can think of — I'll take "perfectly Canadian."

Then I was suddenly blown away as my infinite girlfriend started yelling along to "Barrett's Privateers," which she and her brother and sisters used to sing along on their annual road trips. Picturing a car full of kids in the '80s screaming "God damn them all! I was told we'd cruise the seas for American gold!" overwhelmed me with this strange mix of awe and cosy nationalism, and the live version on this collection is impressive down to the stereo clapping blending into the next song, "The Flowers of Bermuda." His "Tiny Fish for Japan" is especially interesting, an early portrait of globalization that is not kind to sushi. "The Last Watch" is impossibly sentimental — talk of angels and so on — but moving nonetheless. What can I say? I love it.

Rogers died as a grounded plane burned on

the runway, and there's a legend of

him getting out but running

back in to help someone

else out. The obsessive

attention to detail and

warmth of humanity in

these songs makes me

believe this happened,

whether or not it's true.

And because of the economic

downturn of Rogers' time, the lyrics fit today rather too well, when encamped young men look bitterly at the rising sun.

★★★★★

Follow Fish on Twitter: @fishyefoto



CD • REVIEWS

RURAL ALBERTA ADVANTAGE

Departing

(Paper Bag)

★★★★★

Provincial admirers The RAA return with a seamless extension of their breakout album *Hometowns*. Thematically it stays true to the course, songs of love and longing are cast against the backdrop of small town Alberta the song structure however has become a bit more expansive and loose. "Under The Knife" keeps the percussion raw and repetitive, as singer Nils Edenloff weaves a tale of youthful love over simplistic xylophone. "Stamp" is a locomotive-like assault of guitar and drums with touches of blissful percussion, slow building at the halfway mark and then erupting in a strong finish. "Tornado '87" finds Edenloff drawing the narrative from both the tornado and it's unwilling participants, a unique delineation of Black Friday. "Good Night" brings the album to a somber finish, a light guitar and piano ballad that is sure to be a concert closer. An outstanding sophomore effort. Neutral Milk Hotel's Jeff Mangrum would be proud.

ANDY COOKSON

THE OLYMPIC SYMPHONIUM

The City Won't Have Time To Fight

(Forward Music Group)

★★★★☆

This album is like getting a shot of some kind opiate; not that it creates a dream-like state but more in that it is painful for a second at the beginning and then everything is all good. The third album from New Brunswick's The Olympic Symphonium starts with "No Bad Habits" — a painfully slow, coma inducing offering. Then, it takes a 180-degree turn and cruises down the dangle highway to Beautytown. Songs like the catchy "Fire" and the perfectly crafted "A Lot to Learn" show off the bands ability to work in the strip-mined field of folk and still find not just new, but valuable chunks of music. The album is mostly slow and emotional but never deliberately or obnoxiously melancholy, like what you tend to hear from other alternative folk acts. There are enough musical changes and subtleties on *The City Won't Have Time To Fight* to make it worth listening to more than once.

NATHAN USHER

**MEMPHIS**

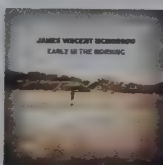
Here Comes a City

(Arts & Crafts)

★★★★☆

Back when Broken Social Scene was gaining traction it seemed that everyone with even a tiny connection to Cananda's uber-indie collective was putting out something. The 2004 debut from Memphis (the other project featuring Torquil Campbell from dream pop darlings Stars), was lost in the shuffle. Their album, *I Dreamed We Fell Apart*, was like audio wallpaper — non-descript, inoffensive pop that quickly faded into the background. With *Here Comes a City*, Memphis have been remedied. Campbell and his songwriting partner Chris Dumont haven't drastically revamped their sound, but they have distilled their mild, mid-tempo, pop into its most compelling form. Beautiful compact instrumentals live side by side with tender songs that showcase Campbell's distinct voice. Memphis have now come out of the shadow of Campbell's for famous band to establish their own musical identity.

JASON LEWIS

**JAMES VINCENT MCMORROW**

Early In The Morning

(Dine Alone)

★★★★★

If James Vincent McMorrow plays the island disc game, surely his numero uno is Bon Iver's *For Emma, Forever Ago*. McMorrow's island in this circumstance, however, was a Dublin seaside beach where he recorded his wonderful debut full-length *Early In The Morning*. Much like Bon Iver, McMorrow methodically isolated himself for direct songwriting inspiration — what came out is a set of soft, melodic, painfully honest and melancholy songs about themes ranging from childhood, love, disappointment, and a lot of life's unhappier reflections. The rawness of the songs is clear — especially in the anguish and desperation of McMorrow's smooth voice — which adds to the texture of the album and the strength of *Early*. The songs sound delightfully fresh and basic, yet have a way of sounding aged and very mature at the same time. Moments of sound borrowed from James Blake, City and Colour, Damien Rice, and, of course, Bon Iver all add to McMorrow's developed, sincere songs to create an especially somber yet uniquely bright album that should frequent 2011 best-of lists.

CURTIS WRIGHT

**TWILIGHT HOTEL**

When The Wolves Go Blind

(Independent)

★★★★☆

Winnipeg-born songwriters Dave Quanbury and Brandy Zdan may have left chilly Manitoba for the much more climatically predictable Austin, Texas but their music still bears an unmistakably Canadian influence. The sprawling 50-minute album has almost none of the twang you would expect from a record made in the lone-star state (thankfully). Musically sounds a little like Neil Young without angst and a lot like The Tragically Hip. In fact, Dave Quanbury's voice sounds so much like Gord Downie's that I half expected him to break into a rant about killer whales. "Mahogany Veneer" is arguably the best track on the album; it's cold and beautiful and Quanbury sings with a truth and stretched out and the songs are a little too similar to think of this album as required listening.

NATHAN USHER

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The Speed Of Light



One Big Happy Light Travelling Family: Light Travels play the ARtery on Saturday, March 5. PHOTO SUPPLIED

LIGHT TRAVELS FASTER THAN SOUND, OR SO WE HEAR — EITHER WAY, A BONUS FOR THIS BAND

LIGHT TRAVELS CD RELEASE

With Chasing Jones and The Bold Actions

The Artery

Saturday, March 5, 8 p.m.

Tickets: \$10 at the door

BY TRENT WILKIE

During Light Travels' CD release party at the Artery, there aren't going to be any pyrotechnics, or laser lights or even a T-shirt cannon. Guitarist Matty Spearin doesn't think they need any of that. After all, the indie rocksters have their music, openers Chasing Jones and The Bolt Actions as well as an army of party ghosts ... sort of.

"I think that place is haunted," laughs Spearin. "There is some interesting energy around there for sure. It will probably enhance whatever is there. It has a great vibe about the place; I've been there a few times and it is always fun. Definitely the right place for us."

After surviving the loss of their German lead singer to something called the Atlantic Ocean (he didn't drown, he returned home), having to remodel the band and playing countless shows in a blur of venues, Spearin needs to have a sense of hu-

mour. But now, with the band in a great place physically and creatively, Spearin is excited to be able to release their first album *Signals From Tomorrow*.

"This is the first CD release for me personally," Spearin recalls. "I've been in several bands but something always happened that stopped it from happening. But this time it's real. All the parts came together. Even our cover is solid. We were sitting at the Black Dog and the image of a peacock with eyes in its feathers came to mind. So an artist friend of ours named Grant Harris took a picture of all of our eyeballs and my cats as well. It is beautiful but sort of shocking insofar as to say it is something that stands out. Like the CD itself. It's beautifully different."

"Listening to the album I get the same sort of elation when I put on some of my favourites," continues Spearin. "I can put it on, press repeat and fall into a happy place. The effort is there and it makes it all worth the while. We are really proud of it."

As for the change of vocalists, Spearin takes both a philosophical and heavenly approach.

"Alicia Glenn added a female energy to the band which is very cool," Spearin says. "She has the voice of an angel and that opens up our sound. You have to be open enough

to whatever vehicle is around you at the time. She's an amazing songwriter lyrically and her professional attitude goes very well with the dreamy aspect that we love. Everything she does has a sort of poetic twist. Her take on the writing really works because she's more situational with her lyrics. Some of the imagery she comes up with every aspect of our sound."

But the band's growth is never done if it wishes to succeed and Spearin knows this. As much as you can enjoy your immediate successes, you have to pave the way to future ones. Hopefully, Light Travels' ability to evolve translates in a long lasting creative relationship.

"It's a kind of an experiment in a way," Spearin says. "We have done tons of shows and you can only go so far with that. This release for us is just the beginning. We have been doing it for two and a half years and for us every day is new. Every jam re-inspires. We are at a point where it is not only just about the music, but about the vibe we create and the friendships along with that. It's pretty exciting."

So with music, peacocks, angels and ghosts, I guess it would be pretty exciting. But you know what that show needs? A T-shirt cannon. Then it would be, as they say, off of the hook, dude.



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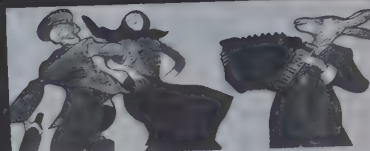
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FRIDAY
MARCH
4

GEOFF BERNER with KRIS DEMEANOR

Geoff Berner's debut "Victory Party" emerges March 8 and he kicks off his tour with Wayne Adams and Diona Davies. Doors at 8pm. Advance tickets \$12 at theartery.ca \$15 at the door.



SATURDAY
MARCH
5

Light Travels

Join Light Travels and special guests as they officially launch their new 5-song EP "Signals From Tomorrow!"

Doors at 8pm. \$10 at the door.

"Signals From Tomorrow" EP \$5.

UPCOMING EVENT LISTINGS



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PHAROS



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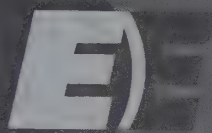
FRI MARCH 4

**NATHAN CARROLL
BAND** PERFORMS SUPERTRAMP'S
"BREAKFAST IN AMERICA"
WITH BROCK TYLER AND SAVANAH BOSCH
ADVANCE AT YEG LIVE AND BLACKBYRD

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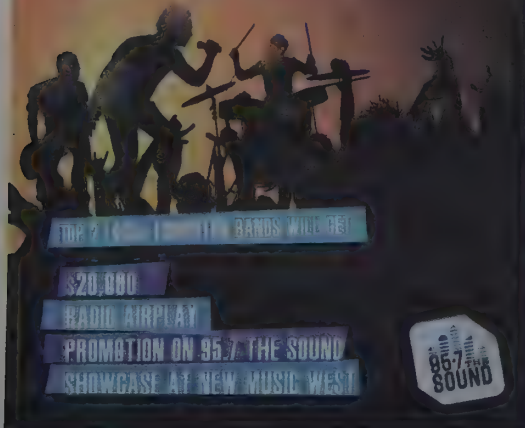
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LOCAL COMPOSERS • PREVIEW

It Is Later Than You Think



Local composer and University of Alberta lecturer Andriy Talpash performs on Friday, March 4 at 7 p.m. | PHOTO SUPPLIED

UNIVERSITY OF ALBERTA COMPOSERS GATHER INSPIRATION FROM ARCHIVAL RADIO SHOWS AND OLD VIDEO GAMES TO CREATE NEW MUSIC

MUSIC AT CONVOCATION HALL

Works by Bashaw, Hannesson, Smallwood and Talpash
Convocation Hall, University of Alberta

Friday, March 4, 7 p.m.

Tickets: \$10, \$15 and \$20

BY PIOTR GRELLA-MOZEJKO

University composers seldom get
their due.

There is something unsettling about what many people think of university professors in general and university composers in particular. Surely, they seem to be living in a boring world unto itself but, as always, the looks are deceiving.

Just talk to Andriy Talpash, contract lecturer with the University of Alberta's music department, and you will think twice before giving in to stereotypical perceptions. The father of two and an active hockey player, the powerfully built Talpash is an outstanding composer by any standards – and a very likeable “regular guy.” He is one of the four U of A faculty featured on the “Music at Convocation Hall” program devoted

exclusively to their works. In point of fact, as we speak Talpash is putting final touches to his newest piece, entitled intriguingly “It is later than you think ...” What is the music about?

“I composed it for clarinet, viola and piano, with accompanying computer soundtrack,” says Talpash, “the soundtrack itself making use of snippets taken from the old radio show called *Lights Out*, which, if I remember correctly, was aired between 1934 and 1947. I’m hooked on these old classic radio broadcasts. They’re cool and appeal to me a lot because of their strangely engaging stream-of-consciousness narratives, dry wit, sharp ad lib jokes – as well as their music and sound effects.”

Where does “It’s later than you think” come in?

“Each episode of the show I’m referencing in my trio began with a ‘scary’ tam-tam stroke and a suspenseful announcement: ‘It is later than you think ...’” says Talpash. “In between the spoken parts there were musical interludes, some of them quite neat. Actually, I took two chords from one of these interludes, juxtaposed them and now that resultant harmony constitutes

the basic material for the piece. For my soundtrack, I just used audio excerpts without any processing – the original recordings already have so much static, pops and clicks, no need to add anything!”

Scott Smallwood is another U of A composer appearing on the program.

“I’m represented by three pieces, or, rather, two and a half,” Smallwood chuckles, “because one of the three is an improv with my departmental colleague, Mark Hannesson. Of the other two works one, “Players,” is for piano solo and was inspired by the early video games popular in the 1980s. In a sense, it is as if I transcribed a soundtrack from an imaginary game: I only use three concurrent lines in the piece; the texture is simple; the vocabulary, limited. Some effects are produced on the strings. The second composition, “dead leaf stirring,” a trio, is an abstract evocation of a poem by e.e. cummings – he always spelled his name in lower case.”

In addition to the pieces by Talpash and Smallwood, the program also highlights works by U of A’s Howard Bashaw and Mark Hannesson. All in all, a not-to-be-missed evening of great new music.

LISTINGS

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have something going on? let us know by Friday noon | listings@yeglive.ca

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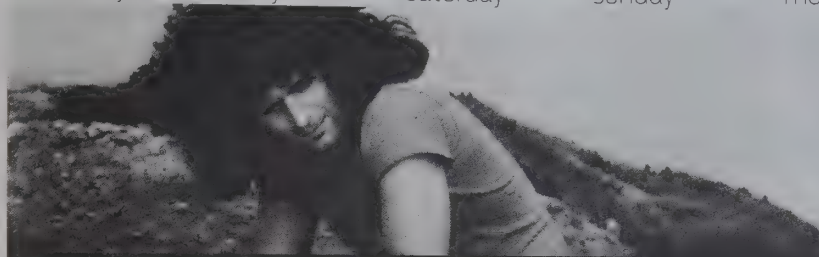
saturday

sunday

monday

tuesday

wednesday



SOMEONE'S GOT A WHOLE LOTTA HAIR GOING ON. RELIVE THE 80S WITH GINO VANNELLI THURSDAY NIGHT.

MARCH 3

80s | GINO VANNELLI

If you didn't go to sleep with curling rolls in your hair, you've still got some time to head down to the salon and spruce up that perm! Go on, place your bets now on how many "Black Cars" will be waiting in the parking lot. Century Casino, 8 p.m.

MARCH 4

drunk | BUCKCHERRY

Work off your winter blahs by jumping, drinking and singing along with some feel good tracks such as "Crazy Bitch" and "Lit Up", and who could forget everyone's favourite tear-jerker "Sorry". Shots! Shots! Shots! Edmonton Event Centre, 7 p.m.

MARCH 5

dance | STARS OF HOPE

Don't be ashamed, everyone loves to bust a move, and we know you've seen at least once shameful dance flick. Tonight you can be proud to be a slave to the groove knowing it's a benefit for the Kids with Cancer Society. Jubilee Auditorium, 7 p.m.

MARCH 6

nest | MOMMYLICIOUS

It seems like everywhere we look people are trying to get preggo, have a bun in the oven, or have brought home a little bundle of joy. Why not get them out of the house, and treat them to this free family event. Mayfield Inn and Suites, 10 a.m.

MARCH 7

flick | FAVOURITE FILMS

FOREVER II Grab a pal, and your favourite cinema treats and get ready to watch the 1948 classic *The Treasure of the Sierra Madre*. Starring Humphrey Bogart, get ready to take a journey to a gold mine in Mexico. Royal Alberta Museum's Auditorium, 8 p.m.

MARCH 8

gals | INTERNATIONAL

WOMEN'S DAY Enjoy a special ladies night on a Tuesday to honour and celebrate all things girl power. Featuring cocktails, a buffet dinner and a special keynote presentation from Canadian mental health advocate, Margaret Trudeau. Festival Place, 5:30 p.m.

MARCH 9

booze | BEERPROV

Who doesn't love watching an improvisational theatre spectacle? Ok, maybe some of you. But, who doesn't love an ice cold brewski? Well it may be time for a compromise as BEERprov promises to be a good time! Avenue Theatre, 8 p.m.

YEG Music Listings PROVIDED BY YEG LIVE

MUSIC

Thursday Mar 3

Live Music

ACCENT EUROPEAN LOUNGE - Geoff Wybenga & friends (Folk, Punk) • 9 PM • NO COVER

CENTURY CASINO - Gino Vannelli (Jazz, R&B) • 7 PM • \$40 IN ADVANCE. SERVICE CHARGES MAY APPLY

CROWN & ANCHOR PUB - The Consonance with Elliott and This Girl, That Boy (Folk) • 8:30 PM • \$5 AT THE DOOR

FESTIVAL PLACE - Buddy Wassinane and the Other Fellers (Canadian, Folk) • 7:30 PM • \$34 ADULT, \$24 CHILD, IN ADVANCE. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

HAVEN SOCIAL CLUB - EP Release feat. The Translators with Arvic View and SoundSailors and pre/post (Alt., Folk) • 8 PM • \$10 AT THE DOOR

JEFFREY'S CAFE & WINE BAR - Chris Nault (Folk, Rock) • 8 PM • \$10 AT THE DOOR

MYER HOROWITZ THEATRE - JCL Productions and the U of A Students' Union present Danny Michel with Erica Viegas (Adult Pop, Folk, Rock) • 7 PM • • CHECK WEBSITE FOR TIX

RUSTY REED'S HOUSE OF BLUES - Graham Guest (Blues, Jazz) • 8 PM • •

SHERLOCK HOLMES: WEM - Jukebox Leigh (Country, Rock) • 9 PM • •

BOHEMIA CAFE - Realtors Expense Festival feat. Sister Gray (Alt., Rock) • 10:30 PM • \$5 AT THE DOOR

Dis/Club Nights

BRIXX BAR & GRILL - Radio Brixz presents Tommy Grimes (DJ, Rock) • 8 PM • NO COVER

Friday Mar 4

Live Music

BLUE CHAIR CAFE - The Boreal Beat feat. Blue Chair House Band (Country, Folk, Rock) • 8 PM • DONATIONS ACCEPTED

BRIXX BAR & GRILL - The F.D. Jones Soap Co. with The Translators and Guests (Alt., Blues, Pop) • 9 PM • \$12 AT THE DOOR

CASINO EDMONTON - Catalyst (Tropical) • 9 PM • NO COVER

CENTURY CASINO - Matt Minglewood (Celtic, Regional) • 7 PM • \$30 IN ADVANCE. SERVICE CHARGES MAY APPLY

CONVOCAATION HALL - Featuring Faculty Composers feat. University of Alberta Department of Music (Folk) • 7 PM • \$20 ADULTS, \$15 SENIORS, \$10 STUDENTS, AT THE DOOR

DEVANEY'S IRISH PUB - Lyle Hobbs (Adult Contemp.) • 9 PM • NO COVER

SPORTSMAN'S LOUNGE - Loren Burnstick (Blues, Rock) • 9 PM • •

STARLITE ROOM - Fear of City with Penobthra and Guests (Metal) • 9 PM • \$12 AT THE DOOR

PM • NO COVER

EDMONTON EVENT CENTRE - Buckcherry with Papa Roach Blacker Ridge, My Darkest Days (Hard Rock, Metal) • 7 PM • \$35 AND UP, IN ADVANCE. SERVICE CHARGES MAY APPLY

EXPRESSIONZ CAFE - Uptown Folk Club Double Bill feat. Jan Baker with Rick Garvin (Folk) • 7:30 PM • \$12 IN ADVANCE, \$15 AT THE DOOR

FESTIVAL PLACE - Buddy Wassinane and the Other Fellers (Canadian, Folk) • 7:30 PM • \$34 ADULT, \$24 CHILD, IN ADVANCE. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

FRESH START CAFE - Emile Tiesigini (Adult Pop, Rock) • 7 PM • \$10

GLENORA BISTRO - Ross Nicoll (Blues, Jazz, Pop) • 7 PM • DONATIONS ACCEPTED

HAVEN SOCIAL CLUB - Breakfast in America - Performed Live! feat. The Nathan Carroll Band with Brock Tyler and Savannah Bosch (Folk) • 8 PM • \$20 IN ADVANCE, E-TIX AT YEG.LIVE.CA

JEFFREY'S CAFE & WINE BAR - Althea Cunningham (Pop, R&B, Rock) • 9 PM • \$12 AT THE DOOR

JUBILEE AUDITORIUM - Sarah McLachlan and Friends (Adult Contemp., Adult Pop) • 8 PM • SOLD OUT

NEW CITY LEGION - The Weekend Kids with Everyone Everywhere and Friends (Alt., Pop, Rock) • 9 PM • •

NORWOOD LEGION - For A Kiss feat. Lizzy Hoyt with Ken Lynn Zwicker and The Third Reed (Celtic) • 8 PM • \$25 IN ADVANCE. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

O'BRYNE'S - Maple Tea (Rock) • 9:30 PM • NO COVER

OLD STRATHCONA PERFORMING ARTS CENTRE - Bike Art Auction feat. The Collective West with Barobiqui and Friends (Alt., Folk) • 7 PM • \$10 SUGGESTED DONATION

ON THE ROCKS - Heather McKenzie Band (Pop, Rock) • 9 PM • \$5 AT THE DOOR

PAWN SHOP - Savannah with Guests (Metal) • 9 PM • \$8 IN ADVANCE, E-TIX AT YEG.LIVE.CA

ROXY THEATRE - Realtors Expense Festival feat. The Chop Shop (Elect., Rap) • 11:30 PM • NO COVER

RUSTY REED'S HOUSE OF BLUES - Du-Rite Aces (Blues, Tropical) • 8 PM • \$10 AT THE DOOR

SAWMILL BANQUET AND CATERING CENTRE - The Classics (Pop, Rock) • 8 PM • \$15 IN ADVANCE, \$20 AT THE DOOR

SHERLOCK HOLMES: WEM - Jukebox Leigh (Country, Rock) • 9 PM • •

SPORTSMAN'S LOUNGE - Loren Burnstick (Blues, Rock) • 9 PM • •

STARLITE ROOM - Fear of City with Penobthra and Guests (Metal) • 9 PM • \$12 AT THE DOOR

THEARTERY - Geoff Berner with Kris Demeanor (Alt., Folk, Hard Rock) • 8 PM • •

THE MEAD HALL - Shreddin' Onions and friends (Metal, Rock) • 9 PM • \$8

YARBOROUGH SUITE - Ted Warren Trio (Jazz) • 8 PM • \$14 MEMBERS, \$18 NON-MEMBERS, IN ADVANCE & AT THE DOOR. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

YELLOWHEAD CASINO - Whiskey Boz (Adult Contemp.) • 9 PM • NO COVER

Saturday Mar 5

Live Music

AVENUE THEATRE - Everyone Everywhere with Bomb Squad Rookies and Guests (Pop, Punk) • 7:30 PM • \$10 AT THE DOOR

BLACK DOG FREEHOUSE - Hair of the Dog presents Jake Ian & the Haymakers (Blues, Country, Folk) • 4 PM • NO COVER

BLUE CHAIR CAFE - Alberta Arts Touring Alliance presents AATA OnStage (Blues, Country, Folk) • 10 AM • NO COVER FOR ARTISTS

BLUE CHAIR CAFE - Jenie Thai (Alt., Blues, Folk) • 8 PM • \$10 AT THE DOOR

CASINO EDMONTON - Catalyst (Tropical) • 9 PM • NO COVER

CONVOCAATION HALL - ECMs presents Shanghai Quartet (Classical) • 8 PM • \$30 ADULTS, \$20 SENIORS & \$10 YOUTH. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

DEVANEY'S IRISH PUB - Lyle Hobbs (Adult Contemp.) • 9 PM • NO COVER

DOUBLE D'S LOUNGE - Kyler Schogen Trio (Folk) • 8 PM • •

FESTIVAL PLACE - Buddy Wassinane and the Other Fellers (Canadian, Folk) • 7:30 PM • \$34 SOLD OUT; CHECK WEBSITE FOR TIX

FESTIVAL PLACE - Realtor Cafe Series feat. The Fugitives (Folk, Jazz, Rap) • 7:30 PM • \$18 IN ADVANCE. SERVICE CHARGES MAY APPLY

FILTHY MCNASTYS - Oads By Nature with Noisy Colours (Alt., Folk) • 4 PM • NO COVER

HAVEN SOCIAL CLUB - Letters To Elise with Radioflyer and Soundscape with Crestwood (Pop, Rock) • 8 PM • •

HORIZON STAGE - Trevor Panzack (Country) • 7:30 PM • \$25 ADULTS, \$20 STUDENTS & SENIORS, \$5 YEGEO. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

JEFFREY'S CAFE & WINE BAR - The Raft Brothers feat. Lionel Raft with Ron Raft (Blues, Folk) • 9 PM • \$15 AT THE DOOR

MCDUGALL UNITED CHURCH - Journeys From Africa

feat. Edmonton Metropolitan Chorus with Anna Beaumont and Wojto Drummers (Choral) • 8 PM • \$10 AND UP, IN ADVANCE. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

NEWCASTLE PUB - Heart of the City Festival Fundraiser feat. Paula Perro with No Foolin' and 100 mile house Local Dis (Blues, Rock) • 8 PM • \$10 AT THE DOOR

O'BRYNE'S - Stuart Bendall (Pop, Rock) • 6:30 PM • NO COVER

ON THE ROCKS - Heather McKenzie Band (Pop, Rock) • 9 PM • \$5 AT THE DOOR

QUEEN ALEXANDRA HALL - Northern Lights Folk Club presents Karen Savoca with Pete Heitzman (Folk, R&B) • 8 PM • \$18 IN ADVANCE, \$22 AT THE DOOR; CHECK WEBSITE FOR TIX

RENDEZVOUS PUB - Whitemud with Boulderfest and friends (Rock) • 8 PM • \$8

RUSTY REED'S HOUSE OF BLUES - Du-Rite Aces (Blues, Tropical) • 8 PM • \$10 AT THE DOOR

SHERLOCK HOLMES: WEM - Jukebox Leigh (Country, Rock) • 9 PM • •

SPORTSMAN'S LOUNGE - Loren Burnstick (Blues, Rock) • 9 PM • NO COVER

STARLITE ROOM - Joshua Radin with Cary Brothers and Laura Jansen (Pop) • 8 PM • SOLD OUT

THE MEAD HALL - Psychotic Gardening with Desecrate the Gods and Sub-Atomic Chaos Eam (Metal) • 8 PM • \$8 AT THE DOOR

WINSPEAR CENTRE - Charlie Chaplin's The Gold Rush feat. Edmonton Symphony Orchestra (Big Band, Classical) • 2 PM • \$21 AND UP ADULTS, \$13 AND UP CHILDREN, IN ADVANCE. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

YARBOROUGH SUITE - Gerald Clayton Trio (Jazz) • 8 PM • \$20 MEMBERS, \$24 NON-MEMBERS IN ADVANCE & AT THE DOOR. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

YELLOWHEAD CASINO - Whiskey Boz (Adult Contemp.) • 9 PM • NO COVER

Dis/Club Nights

ART GALLERY OF ALBERTA - Refinery: Late Night Art Party feat. DJ Junior Brown (DJ) • 9 PM • \$25 SOLD OUT

BRIXX BAR & GRILL - Oh Snap presents Step'd Up Saturdays DJ Degree and Guests (Dance, DJ) • 9 PM • NO COVER CHARGE BEFORE 10:00 PM

NEW CITY LEGION - Black Polished Chrome Saturdays feat. Blue Jay with DJ Devish and The Gathfather (DJ) • 9 PM • •

Sunday Mar 6

Live Music

BLUE CHAIR CAFE - Brunch feat. Jim Findlay (Jazz) • 10:30

AM • DONATIONS ACCEPTED

CASINO EDMONTON - Catalyst (Tropical) • 9 PM • NO COVER

CROWN PUB - Battle for the Crown (Tropical) • 6 PM • \$2 IN ADVANCE, \$3 AT THE DOOR

FESTIVAL PLACE - Buddy Wassinane and the Other Fellers (Canadian, Folk) • 2 PM • \$34 ADULT, \$24 CHILD, IN ADVANCE. SERVICE CHARGES MAY APPLY; CHECK WEBSITE FOR TIX

MCDUGALL UNITED CHURCH - Spring Bouquets feat. Edmonton Columbian Chorus (Choral) • 2:30 PM • \$15 IN ADVANCE, OR AT THE DOOR

MUTTART HALL ALBERTA COLLEGE - AIMTAC Benefit Concert feat. Alberta College Conservatory of Music (Choral, Classical) • 2 PM • ADMISSION BY DONATION

ON THE ROCKS - Koonanee Freende Battle of the Bands feat. Throttle with Tiff Hall and Desousa Drive Oldbury (Rock) • 8 PM • \$5

ROBERTSON WESLEY UNITED CHURCH - Baroque Strings feat. Caroline Stinson with Alberta Baroque Ensemble (Classical) • 3 PM • \$25 ADULTS, \$20 STUDENTS/SENIORS. SERVICE CHARGES MAY APPLY

WINSPEAR CENTRE - Sundays @ Three feat. David Titterton (Classical, World) • 3 PM • \$25 ADULTS, \$18 STUDENTS/SENIORS

YELLOWHEAD CASINO - Whiskey Boz (Adult Contemp.) • 9 PM • NO COVER

Monday Mar 7

Live Music

CONVOCAATION HALL - University of Alberta and Grant MacEwan University Jazz Bands (Jazz) • 8 PM • ADMISSION BY DONATION

ROBERT TEGLER STUDENT CENTRE - Concordia Community Chorus feat. Concordia School of Music (Classical) • 7 PM • \$12 ADULTS, \$10 STUDENTS/SENIORS. SERVICE CHARGES MAY APPLY

Dis/Club Nights

NEW CITY LEGION - Madhouse Mondays with DJ Smart Alex (DJ, Metal, Punk) • 8 PM • NO COVER

ON THE ROCKS - Drink the Bar Dry feat. Karaoke (DJ, Karaoke) • 9:30 PM • •

Tuesday Mar 8

Live Music

BRIXX BAR & GRILL - Troubadour Tuesday feat. Andrew Scott and Madeline Kellman (Alt., Country) • 9 PM • \$5 AT THE DOOR

SHERLOCK HOLMES: WEM - Duff Robinson (Adult Contemp.) • 9 PM • •

DJs/Club Nights

NEW CITY LEGION - Bingo vs Karaoke feat. Karaoke Hosted by Ben Disaster and Dildover (DJ, Karaoke) - 9:30 PM - NO COVER.

Wednesday Mar 9

Live Music

SHERLOCK HOLMES: WEM - Duff Robinson (Adult Contemp.) - 9 PM.

DJs/Club Nights

NEW CITY LEGION - Pints 4 Punks feat. DJ Nick (DJ) - 9 PM - NO COVER.

THE DRUID - Karaoke Wednesdays! feat. Karaoke (DJ, Karaoke) - 9 PM.

OPEN STAGES

THURSDAY MAR 3

CARROT COMMUNITY ARTS COFFEE HOUSE - Zoomers Open Mic - 1 PM - NO COVER.

SATURDAY MAR 5

CARROT COMMUNITY ARTS COFFEE HOUSE - Open Mic @ The Carrot - 7 PM - NO COVER.

CROWN PUB

Acoustic Open Jam - 2 PM - NO COVER.

HILL TOP PUB

Open Stage @ Hilltop Pub Hosted by Blue Goat - 3:30 PM - NO COVER.

THE GAS PUMP CLUB AND BAR

Live Blues Jam - 3:30 PM - NO COVER.

SUNDAY MAR 6

DEVANEY'S IRISH PUB - Celtic Jam Night Hosted by Keri Lynn Zwickler - 5 PM - NO COVER.

EXPRESSIONZ CAFE

Sunday Night Songwriter's Stage - 7 PM - ADMISSION BY DONATION.

O'BRYNE'S

Open Mic @ O'Byrne's - 9:30 PM - NO COVER.

MONDAY MAR 7

DEVANEY'S IRISH PUB - Singer Songwriter Night @ Devaney's Hosted by Sean Brewer - 8 PM - NO COVER.

KELLY'S PUB

Monday Night Open Stage feat. Open Stage @ Kelly's and Guests - 9 PM - NO COVER.

ROUGE LOUNGE

Open Mic @ Rouge Lounge - 9 PM - NO COVER.

TUESDAY MAR 8

SPORTSMAN'S LOUNGE - Open Mic @ Sportsman's - 9 PM - NO COVER.

THE DRUID

Open Mic @ The Druid Hosted by Chris Wryniers - 8 PM - NO COVER.

WEDNESDAY MAR 9

BRIXX BAR & GRILL - Eats N Beats Wednesday and friends - 6 PM - NO COVER.

CROWN PUB

Dan Jam with Miguel & Friends - 8 PM - NO COVER.

DEVANEY'S IRISH PUB

Open Mic @ Devaney's hosted by Duff Robinson - 8 PM - NO COVER.

ELEPHANT & CASTLE

Open Mic @ Elephant and Castle - 8:30 PM - NO COVER.

EXPRESSIONZ CAFE

Expressionz Cafe Open Stage - 7 PM - ADMISSION BY DONATION.

FIDDLER'S ROOST

Little Flower Open Stage - 8 PM - \$2 AT THE DOOR.

HAVEN SOCIAL CLUB

Wednesday Jam - 9 PM - NO COVER.

SECOND CUP 149 ST

Open Mic @ Second Cup Signature Place - 7:30 PM - NO COVER.

VENUE GUIDE

ACCENT EUROPEAN LOUNGE - 8223 104 ST - 780-431-0179
WWW.ACCENTLOUNGE.COM

ART GALLERY OF ALBERTA - 2 SIR WINSTON CHURCHILL SQUARE - 780-422-6223
WWW.YOURAGA.CA

AVENUE THEATRE - 9030 118 AVE - 780-477-2149
WWW.AVENUETHEATRE.CA

BLACK DOG FREEHOUSE - 10425 WHYTE AVE - 780-439-1082
WWW.BLACKDOG.CA

BLUE CHAIR CAFE - 9624-76 AV NW - 780-589-2861
WWW.BLUECHAIR.CA

BRIXX BAR & GRILL - 10030-102 ST - 780-428-1099
WWW.BRIXXBARANDGRILL.CA

CARROT COMMUNITY ARTS COFFEE HOUSE - 9351 118 AV NW - 780-477-1580
ARTSONTHEAVE.ORG/THECARROT

CASINO EDMONTON - 7055 ARGYLE ROAD - 780-463-9467
WWW.CASINOAEDMONTON.COM

CENTURY CASINO - 13103 FORT RD - 780-643-4000
WWW.CENTURYCASINO.EDMONTON

CONVOCAATION HALL - UNIVERSITY OF ALBERTA 113 ST. AND 91 AVE - 780-492-3263
WWW.UOFAWEB.UALBERTA.CA/MUSIC/CONHALLCFM

CROWN & ANCHOR PUB - 1527 CASTLE DOWNS RD NW - 780-427-7696

CROWN PUB - 10709 105 ST NW - 780-426-5618
WWW.CROWNPUB.PIZZA.COM

DEVANEY'S IRISH PUB - 9013 88 AV NW - 780-465-4834
WWW.DEVANEYSPUBS.COM

DOUBLED LEVENTE - 15203 STONY PLAIN RD - 780-486-1133
EDMONTON EVENT CENTRE - 42556 WEST EDMONTON MALL - 780-489-7469
WWW.EDMONTONEVENTCENTRE.CA

ELEPHANT & CASTLE WHYTE AVE - 10314 WHYTE AVE - 780-439-4545
WWW.ELEPHANTCASTLE.EDMONTON

EXPRESSIONZ CAFE - 9930 78 AV NW - 780-437-3667
WWW.EXPRESSIONZCAFE.COM

FESTIVAL PLACE - 100 FESTIVAL WAY, SHERWOOD PARK - 780-464-2852
WWW.FESTIVALPLACE.AB.CA

FIDDLER'S ROOST - 8906 99 AV NW - 780-439-9788
BRIANREGG.COM/FIDDLERSROOST

FILTHY MONASTYS - 10514 WHYTE AV NW - 780-432-5224
WWW.FILTHYMONASTYS.CA

FRESH START CAFE - 484 RIVERBEND SQ - 780-433-9623
WWW.FRESHSTARTBISTRO.ORG

GLENORA BISTRO - 10199 124 ST NW - 780-482-3531
WWW.GLENORABISTRO.COM

HAVEN SOCIAL CLUB - 15120A STONY PLAIN RD - 780-756-6010
WWW.THEHAVENSOCIALCLUB.COM

HILL TOP PUB - 8220-106 AVE - 780-490-7359
WWW.THEHILLTOPPUB.CA

HORIZON STAGE - 315 JESPERSEN AVE, SPRUCE GROVE - 780-962-8995
WWW.HORIZONSTAGE.COM

JEFFREY'S CAFE & WINE BAR - 9640 142 ST - 780-451-8890
WWW.JEFFREYSCAFE.COM

JUBILEE AUDITORIUM - 11455 87 ST - 780-427-2760
WWW.JUBILEEAUDITORIUM.COM

KELLY'S PUB - 11540 JASPER AVE - 780-451-8825

MCDOWGALL UNITED CHURCH - 10025 101 ST NW - 780-428-1818
WWW.MCDOWGALLUNITED.COM

MUTART HALL ALBERTA COLLEGE - 10050 MACDONALD DR - 780-633-3725
WWW.MACWAVEAN.CA

MYER HOROWITZ THEATRE - STUDENT'S UNION BUILDING OF A - 780-492-4764
WWW.SULLIALBERTA.CA

NEW CITY LEGION - 8130 GATEWAY BLVD - 780-945-0971
WWW.NEWCITYCOMPOUND.COM

NEWCASTLE PUB - 6108 90 AVE - 780-490-1999

NORWOOD LEGION - 11150 82 ST - 780-479-4277
WWW.RCLEDMONTON.COM/NORWOOD

O'BRYNE'S - 10616-82 AVE - 780-414-6766
WWW.OBRYNES.COM

OLD STRATHCONA PERFORMING ARTS CENTRE - 8426 GATEWAY BLVD NW - 780-426-6606
WWW.COSMOPOLITANMUSIC.ORG/FACILITY

ON THE ROCKS - 11740 JASPER AVE - 780-482-4767
WWW.ONTHEROCKS.EDMONTON.COM

PAWNSHOP - 10511 WHYTE AVE NW - 780-432-5058
WWW.PAWNSHOP.EDMONTON.COM

QUEEN ALEXANDRA HALL - 10425 UNIVERSITY AVE - 780-431-0179
WWW.QAHCAL.CA

RENDEZVOUS PUB - 10108 145 ST - 780-444-1822

ROBERT TEGLER STUDENT CENTRE - CONCORDIA CAMPUS - 780-431-0179
MUSIC.CONCORDIA.AB.CA

ROBERTSON WESLEY UNITED CHURCH - 10299-123 ST - 780-427-1000
WWW.WUCORIG

ROUGE LOUNGE - 10111 117 ST - 780-482-5152
WWW.ROUGELOUNGE.CA

ROXY THEATRE - 10708 124 ST NW - 780-453-2440
T8X.CA/NAKAS

RUSTY REED'S HOUSE OF BLUES - 12402 118 AV NW - 780-431-1390
RUSTYREEDS.COM

SAWMILL BANQUET AND CATERING CENTRE - 3840-76 AVE - 780-468-4115
WWW.SAWMILLRESTAURANT.COM

SECOND CUP 149 ST - 8902 149 ST - 780-481-1238

SHERLOCK HOLMES: WEM - 1650-8882 70 ST - 780-444-1152
WWW.EDMONTONPUBS.COM

SPORTSMAN'S LOUNGE - 8170 50 ST - 780-469-3399

STARLITE ROOM - 10030-102 ST - 780-428-1099
WWW.STARLITEROOM.CA

THE ARTERY - 9535 JASPER AVE - 780-441-6966
THEARTERY.CA

THE DRUID - 11606 JASPER AVE - 780-454-9928
WWW.THEDRUIDEDMONTON.COM

THE GAS PUMP CLUB AND BAR - 10166 114 ST - 780-488-4841
WWW.GASPUMPCLUBANDBAR.COM

THE MEAD HALL - 10940 166A ST NW - 780-819-5660
WWW.MYSPACE.COM/THEMEADHALL

WINSPEAR CENTRE - 9720 102 AVE - 780-429-1992
WWW.WINSPEARCENTRE.COM

YARDBIRD SUITE - 11 TOMMY BANKS WAY - 780-432-0428
WWW.YARDBIRDSUITE.COM

YELLOWHEAD CASINO - 12464-153 ST - 780-424-9467
WWW.CASINOAEDMONTON.COM

BOHEMIA CAFE - 10575 114 ST - 780-669-5226
ARTMUZAK.CA

AT MILNER 7 SIR WINSTON CHURCHILL SQ. - DAILY TIL MAR 30 Info: 780-464-5383
WWW.EPL.CA

ALL THE PRETTY ONES - THE ARTERY 9535 JASPER AVE - by Phoebe Surana-Mehlt, dealing with female identity in symbolic terms - DAILY TIL MAR 6 - theartery.ca

ART SHOW (SEAN MONTGOMERY) SIDESHOW GALLERY 9609 WHYTE AVE - Home Brew - MON-WED, FRI, SAT 9:00AM-5:00PM, THU 9:00AM-9:00PM TIL MAR 19 Info: 780-433-1430
WWW.SIDESHOWGALLERY.CA

ART SHOW (MURRAY PHILLIPS AND ROGER D. ARNOT) PICTURE THIS! FRAMING & GALLERY 959 ORDEZ RD, SHERWOOD PARK - Exclusive preview of the artists' latest works - MON-WED, FRI, SAT 10:00-6:00, THU 10:00-9:00, SAT 10:00-5:00 Info: 780-467-3038
WWW.PICTURETHISGALLERY.COM

CABIN FEVER - THE ARTERY 9535 JASPER AVE - Renderings by an Unhinged Man by Smokey - DAILY TIL MAR 6 - theartery.ca

CORE THEORY (SCOTT PLEAR) AGNES BUGERA GALLERY 12310 JASPER AVE - TUE-SAT FEB 18 TO MAR 4 10AM-4PM
WWW.AGNESBUGERAGALLERY.COM

CULINARY COUNCIL ALBERTA CRAFT COUNCIL 10186 105 ST - Exhibit & show - DAILY TIL APR 2

DRAWN OUTSIDE ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - The exhibition invites children and their grown-ups to explore the connections between art, artists and the natural world - TIL JAN 29, 2012
WWW.YOURAGA.CA

EMILY CARR'S COSTAL LANDSCAPES ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - Nature and Spirit: 35 works span the Canadian north's career and include many of the artist's most recognized images - MAR 5-JUN 5
WWW.YOURAGA.CA

FEATHERS AND CHAPS (CHRIS RILEY) TASTY TOSIS BIS-TRON 9965 82 AVE - A Wild West Retrospective: new works by Alberta artist - TIL MAY 15
WWW.RILEYART.COM

GRANDS ESPACES ALBERTAINS GALERIE PAVIA 9524 97 ST - Featured: Karen Blanchard, Emma Gayer, Doris Charest, Monika Dey, Suzanne Gaudet, Sylvia Grist, Patricia Morla-Duquesne, Daniel, Danielle Petit, Diane Plasse, Ute Rieder and Nathalie Schwellb-Park - DAILY TIL APR 10 Info: 780-463-3477

HAIDA ART ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - Mapping an Ancient Language: 80 works dating from the 18th and 19th centuries, one of the earliest and most significant collections in North America - MAR 5-JUN 5
WWW.YOURAGA.CA

INSTALLATIONS (BRIAN JENSEN) ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - Three sculptural installations by internationally renowned Canadian artist best known for his transformative re-workings of everyday manufactured goods - TIL MAR 6
WWW.YOURAGA.CA

MELI MELO CENTRE D'ARTS VISEUELS DE L'ALBERTA 9103-95 AVE - Gilberte Gagne's sewing creation, Marco Lapierre's photographs, Barbara Carle-Kowalski's India ink (tuschas), Rita Petrolini's pastels, wax and scratch boards - DAILY TIL MAR 8
WWW.SAVACAVIS.COM

NEGOTIATING SPACES (LINDSEY BOND) HARCOURT GALLERY 300 3RD FLR, 10215 112 ST - Visual Recollections of Train Travel in Canada - MON-FRI 10-5, SAT 10-4, FEB 24-MAR 26
WWW.HARCOURTGALLERY.COM

NEW WORKS (GRANT LEIER AND NIXIE BARTON) WEST END GALLERY 12308 JASPER AVE - Our favorite artistic couple have painted a new collection - TUE-SAT, 10:00AM-5:00PM, MAR 5-JUN 5
WWW.WESTENDGALLERY.COM

OUTSIDE IN (ALBERTA OLD PAINTERS) SPACE PLACE 10060 JASPER AVE - Inspired by their moments enjoyed in nature but created in the warmth and comfort of the studio, a mix of contemporary, traditional realism, and impressionism - DAILY TIL APR 23

PATTERNS IN GLASS MUSEUM HERITAGE MUSEUM 5 ST. ANNE STREET, ST. ALBERT - Metis Design in Beads. The design and creation of beadwork by Metis women - DAILY TIL JUN 30
WWW.ARTSHERITAGE.CA

PHOTO-ABSTRACTS MCMILLAN GALLERY 8440 112 ST - DAILY TIL MAR 12
WWW.FRIENDSOFTHEOIL.COM

SCULPTURE FROM THE HUMAN BODY RUTHERFORD SOUTH LIBRARY RUTHERFORD SOUTH 1-01 - Work selected from second to fourth year sculpture classes offered by the Dept. of Art and Design, U. of A. Instructors: Rayden Mills, Agnieszka Matejko, Lisa Bums - DAILY FROM MAR 9 TO MAR 30

THE CHRONICLES OF NARNIA TELLS WORLD OF SCIENCE 1121 142 ST - Tour scenes from the legendary world of Narnia while learning about the science behind it - DAILY TIL MAY 1
WWW.EDMONTONSCIENCE.COM

THE LUMINOUS SERIES (WILLIAM G. PRETTIE) MELCOR CULTURAL CENTRE 35 FIFTH AVE, SPRUCE GROVE - The artist explores the emotive effects of colour and form on our reptilian brain as mediated through the cerebral cortex - MON-FRI 10AM-5:00PM, SAT 10:00AM-5:00PM
WWW.WILLIAMPRETTIE.COM

THE NATURE OF WATER (KATHRYN MANRY) VISUAL ARTS ALBERTA GALLERY 10215 112 ST - Gallery B - WED-FRI 10-4, SAT NOON-4, FEB 24-MAR 26
VISUALARTSALBERTA.COM

THE SILENCE OF CHAOS (SHERRI CHABA) ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - RBC New Works Gallery: In this new installation created for the AGA, the Alberta artist strings lines of wire throughout the space, creating an immersive physical experience - MAR 5-MAY 15
WWW.YOURAGA.CA

THE SYMBOLIST MUSE: A COLLECTION OF PRINTS FROM THE NATIONAL GALLERY OF CANADA ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - Featuring works by 26 important European artists, including Paul Gauguin, Wassily Kandinsky, Edward Munch, Pablo Picasso and Odilon Redon - DAILY TIL MAR 13 Info: 780-472-6223
WWW.YOURAGA.CA

THE WOODS ARE LOVELY, DARK AND DEEP PROFILES - ART GALLERY OF ST. ALBERT 19 PERRON ST, ST. ALBERT - The exhibition features artwork by Susan Casault, Kathryn Manry, Judith Martin, Arlene Wasylchuk and Lesley Roy - DAILY TIL APR 2
WWW.ARTSHERITAGE.CA

WALTER J. PHILLIPS: WATER & WOODS ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ - Featuring watercolours and woodcuts, the exhibition also includes rarely seen works produced early in the artist's career - TIL JUNE 5
WWW.YOURAGA.CA

WORKS BY LOCAL ARTISTS JOHNSON GALLERY 771 85 ST - Showing Works by Audrey Pannmiller, Dave Ripley, Ada Wong, Sonja Mannoske and Pottier by Noboru Kubo - 9:50 MON-FRI, 10-4 SAT, SAT 10-4
WWW.JOHNSONGALLERY.COM

Theatre

ANOTHER HOME INVASION CITADEL THEATRE 9828 101A AVE - This one woman show explores the delicate and real challenges of aging, candidly and with great humor. Mature audiences - TUE-SUN TIL MAR 6, SEE WEBSITE FOR TIMES - TIL 4-24-1820
WWW.CITADELTHEATRE.COM

DIE-NASTY VARSCONA THEATRE 10329 83 AVE - The Canadian Comedy Award-winning live improvised soap opera returns for its 20th season of romance, passion, betrayal, love, lust and laughs! - MONDAYS TIL MAY 30, AT 7:30 PM

GARGAMEL VARSCONA THEATRE 10329 83 AVE - What do you get when you cross a man who wants to fight God, an autodidact shaman, a spectral Louis Riel and a girl who is pretty sure she is the only sane person left in the world? You get The Crying Game 2. Just kidding. You get Gargamel, a tragic comedy written by Trent Wilkie and directed by Mike Robertson - DAILY FROM FEB 24 - MAR 5, EXCEPT FEB 27 2:00 PM. MATINEES ON FEB 24 & MAR 5

HUNCHBACK CITADEL THEATRE 9828 101A AVE - World Premiere. Love - at its most potent, merciless and obsessive. Suitable for those 12 years of age and up - MAR 5-27 Info: 780-425-1820
WWW.CITADELTHEATRE.COM

JEKYLE & HYDE (TWO ONE-WAY TICKETS TO BROADWAY PRODUCTIONS) LA CITE FRANCOPHONE 8627 RUE MARIE-ANNE-GABOURY (91 ST) - Gregory P. Caswell directs and Robert Bradford musical directs and conducts an all-local cast - THURSDAYS, FRIDAYS, SATURDAYS TIL MAR 5, AT 7:30 PM Info: 780-420-1751
WWW.TIXONTHESQUARE.CA

Comedy

AN EVENING WITH UNCLE VAL (ANDY JONES AND FRINGE THEATRE ADVENTURES) TRANSALTA ARTS BARN 10330 84 AV NW - One of Canada's greatest comic actors, reflects on life in Newfoundland in his one-man show - MAR 3-12 7:00PM, MAR 13 2:00PM Info: 780-409-1910
WWW.FRINGETHEATRE.CA

BEERPOW AVENUE THEATRE 9030 118 AVE - A hilarious improv show every other Wednesday of every month! (No minors) - WED MAR 9, 8:00 PM

BROWN ON BOURBON THE COMIC STRIP BOURBON STREET, WEM - The Bear's Paul Brown hosts this Local Talent Night. Receive \$10 gift certificate for Hudsons on Bourbon with admission - TUESDAYS AT 8:00 PM

COMEDIAN (JAKE JOHANNSEN) THE COMIC STRIP BOURBON STREET, WEM - 18+ - 8:00PM THU & SUN, 8:00 & 10:30PM FRI & SAT Info: 780-483-5999
WWW.THECOMICSTRIP.COM

COMEDY NIGHT CELLI'S 10338 109 ST - TUESDAYS AT 8:30 PM

COMEDY NIGHT SUNDAYS (LARS CALLEDU) THE DRUID 11606 JASPER AVE - Hosted open stage for anyone wanting to try stand up comedy - SUNDAYS AT 9:00 PM
WWW.THEDRUIDEDMONTON.COM

HIT OR MISS MONDAYS THE COMIC STRIP BOURBON

ARTS & CULTURE

Exhibits

2 YEARS (GIUSEPPE ALBI) PETER ROBERTSON GALLERY 12304 JASPER A

STREET, WEM - Local and amateur performers. MONDAYS AT 8:00 PM Info: 780-485-5999 www.thecomicstrip.ca
OPEN MIC COMEDY BOHEMIA CAFE 10575 114 ST. - Combining some of Edmonton's most hilarious stand up comics, cooing soulful sounds, get your laugh on in the heart of the old! 18+ - FRI-MAR 4, 8:00 PM artmazzka.ca

THE HIDEAWAY COMEDY NIGHT JERKILL & HYDE'S HIDEAWAY 10209 10 AVE. - TUESDAYS AT 9:00 PM

Improv

CHIMPPOV VARSONA THEATRE 10329 83 AVE. - CHIMPPOV is Rapid Fire Theatre's longform comedy show. Here you will see crafted improv formats, intricate narratives, and one-act plays sure to make you take a gut! - SATURDAYS, 11 PM (NO SHOWS ON THE LAST SATURDAY OF THE MONTH) www.rapidfiretheatre.com

THEATROSPOTS (RAPID FIRE THEATRE) VARSONA THEATRE 10329 83 AVE. - Teams of improvisers battle in our squared circle. No political figure is safe, no preconception left untoppled. - FRIDAYS AT 11:00 PM

Readings & Lectures

AN EVENING OF POETRY (STROLL OF POETS) UPPER

CRUST CAFE 1909B 86 AVE. - Celebrate the power of the spoken word with The Poets' Haven Weekly Reading Series. - MONDAYS AT 7:00 PM Info: 780-422-8174 www.strollpoets.com

CENTRE FOR READING: FROM BOOKS TO FILM STANLEY A. MILNER LIBRARY 731R WINSTON CHURCHILL SQ. - Info: 496-7000. - FRIDAYS AT 5:00 PM

INTERNATIONAL WOMEN'S DAY (MARGARET TRUDEAU) FESTIVAL PLACE 102 FESTIVAL WAY, SHERWOOD PARK - This special event includes a banquet and an after dinner address. Meet Trudeau at the signing of her third book, Changing My Mind. - TUE-MAR 5, 5:30 PM Info: 780-443-3378 www.festivalplace.ca

OUTRAGED (CANADIAN FEDERATION OF UNIVERSITY WOMEN EDMONTON) LISTER CENTRE 116 ST & 87 AVE. - Writing With Power, Purpose, Passion: Alberta writers Conni Manning, Shirley A. Servis, Sheri-D Wilson, moderator & panelist Gail Sweeney Soab, Maple Leaf Room. - WED-MAR 9, 7:00 PM Info: 780-434-6618 www.cfuw-edmonton.org

PECHA KUCHA NIGHT 9 (EDMONTON NEXT GEN) ROYAL ALBERTA MUSEUM THEATRE 12845-10 AVE. - 10 presentations

on topics ranging from sustainability to architectural technology in the 20s & 20s sep. per slide format. - FRI-MAR 4, 7:30 PM Info: 780-420-1757 www.1xtonthesquare.ca

POETRY READINGS ROUGE LOUNGE 10111 117 ST. - With local poets. Info: 907-5900. - TUESDAYS AT 8:00 PM

POETRY READINGS LEVA CAFE 10153 101 AVE. - Info: 479-5382. - EVERY THIRD SUNDAY

SLAM BLUE CHAIR CAFE 9624-76 AV NW - Rules of sport: max 10:15, 5-minute stories, random audience judges, tough time penalties, and our popular Audience Choice Award. - WED-MAR 9, 8:00 PM www.bluechair.ca

STORY CAFE (T.A.L.E.S.) ROSIE'S BAR AND GRILL 10475 80 AVE. - Story Telling series. Info: 932-4409. - FIRST THURSDAY OF THE MONTH

STORY SLAM HAVEN SOCIAL CLUB 15120A STONY PLAIN RD. - Tell your five-minute, original story on stage, to win audience donations. Followed by music jam. - THIRD WEDNESDAY OF THE MONTH AT 7:30 PM

T.A.L.E.S. ROSIE'S BAR AND GRILL 10475 80 AVE. - Story cafe series. Info: 932-4409. - FIRST THURSDAY OF THE MONTH

TRAVEL TALKS EUROPE (TRAVEL CUTS) AUDREY'S BOOKS 10702 JASPER AVE. - RSVP to 780-492-2756. - TUE

MAR 8, 7:00 PM

WRITER'S CORNER STANLEY A. MILNER LIBRARY 731R WINSTON CHURCHILL SQ. - The library hosts a different author each month. - LAST SUNDAY OF EACH MONTH AT 7:30 PM

Screen

BROKE MUSTARD SEED CHURCH 10635 96 ST. - Screening of the documentary. - BROKE - SUN-MAR 6, 7:00 PM www.mustard.ca

FAVOURITE FILMS FOREVER II (EDMONTON FILM SOCIETY) ROYAL ALBERTA MUSEUM THEATRE 12845-10 AVE. - THE TREASURE OF THE SIERRA MADRE (1948, 124 min., PG). Series memberships (8 films) - \$25. - MON-MAR 7, 8:00 AM www.royalalbertamuseum.ca

Events

8TH ANNUAL STARS OF HOPE (KIDS WITH CANCER SOCIETY) JUBILEE AUDITORIUM 11455 87 AVE. - From ballet to hip-hop, Ukrainian to tap, more than 500 local dancers are proud to participate in this one-night-only benefit performance. - SAT-MAR 5, 7:00 PM Info: 1-855-985-5000 www.ticketmaster.ca

BLACK AND WHITE CASH NO CASH NIGHT LAMONT HALL 4844 49 ST. LAMONT - 18+ - SAT-MAR 5, 5:00 PM Info: 780-736-3018

CALIFORNIA WINE FAIR 2011 SHAW CONFERENCE CENTRE 9797 JASPER AVE. - More than 300 wines, delectable appetizers, Silent Auction in support of the Citadel Theatre. - TUE-MAR 8, 7:00 PM Info: 780-425-1820 tickets.citadeltheatre.ca

CELEBRATING INTERNATIONAL WOMEN'S WEEK 100 TIMERS' CABIN. - An evening of thought-provoking conversation, incredible music, delectable food & more to support local economic development initiatives benefiting women in Southwestern Uganda. - FRI-MAR 4, 6:00 PM Info: 780-975-1116 www.aimeebabai.org

COMMUNITY ART NIGHT NINA HAGGERTY CENTRE 9704 111 AVE. - Adult art session. - TUESDAYS AT 6:30 PM Info: 780-474-7611

DANCE PARTY BOHEMIA CAFE 10575 114 ST. - Sick stick beats, classic vinyl, rare dance gems, if it makes you dance, you will hear it here - so bring your friends and come on down for DANCE PARTY! 18+ - SAT-MAR 5, 8:00 PM artmazzka.ca

SHOWTIMES March 4 - March 10, 2011

METRO
 SCIENCE IN THE CINEMA PRESENTS:
TEMPLE GRAND STC
 Director: Mick Jackson USA 2010, 103 min, Video * Mar 4 @ 6:30pm

WINTER SOLDIER STC
 Director: Winterfilm Collective USA 1972, 95 min, DigBeta * Mar 4 & 6 @ 7pm * Mar 5 & 7 @ 9pm

SELL OUT! STC
 Director: Yoon Han Malaysia 2008, 106 min, 35mm * Mar 4 & 6 @ 9pm * Mar 5 & 7 @ 7pm

GARNEAU
 8712-109 STREET 780-433-0728

INCENDIES 14A
 Nightly @ 6:45 & 9:15pm Sat & Sunday matinees @ 2:00pm disturbing content, mature subject matter

PRINCESS
 10337 - 82 AVE 780-433-0728

CARLOS 14A
 Nightly @ 6:30 & 9:15pm Sat & Sunday matinees @ 2:00pm violence, nudity @ 6:30pm March 9th Private Booking

THE FIGHTER 14A
 Nightly @ 7:00pm Sat & Sunday matinees @ 1:00pm coarse language, substance abuse Academy Award Winner

BLACK SWAN 14A
 Nightly @ 9:10pm Sat & Sunday matinees @ 3:20pm sexual content, disturbing content, not recommended for children GOLDEN GLOBE WINNER Academy Award Winner

GRANDIN
 GRANDIN MALL, 51R WINSTON CHURCHILL AVE, ST ALBERT

HALL PASS 14A
 105mins NO FREE ADMISSION PASSES ACCEPTED FRI-MAR 4th - Thurs March 10th Daily 12:30 3:20 5:20 9:20

JUST GO WITH IT PG
 117 mins Crude Content Fri-March 4th - Thurs March 10th Daily 7:05 9:10

TANGLED G
 100 mins Fri-March 4th - Thurs March 10th Daily 13:30 3:25 5:15

GNOME & JULIET G
 84 mins Fri-March 4th - Thurs March 10th Daily 12:45 2:35 4:20 6:10 7:45

UNKNOWN 14A
 114mins Violence Fri-March 4th - Thurs March 10th Daily 9:15

RANGO PG
 105 mins NO FREE ADMISSION PASSES ACCEPTED FRI-March 4th - Thurs March 10th Daily 13:30 3:10 5:15 9:15

BEASTLY PG
 85 mins Fri-March 4th - Thurs March 10th Daily 12:40 2:20 4:00 5:55 7:25 9:25

LEDUC
 4702-50 STILEGHO 780-986-7728

GNOME & JULIET DIGITAL G
 84 Min MATINEE - Fri, Sat, Sun, 1:10 pm and 3:25 pm

I AM NUMBER FOUR PG
 Frightening Scenes, Not Recommended for Young Children 109 Min NIGHTLY - 7:05pm

DRIVE ANGRY IN DIGITAL 3D 18A
 Gory Brutal Violence, Sexual Content 104 Min NIGHTLY - 9:35pm

HALL PASS 14A
 Nudity, Crude Sexual Content, Substance Abuse 105 Min MATINEE - Fri, Sat, Sun, 1:10 pm and 3:25 pm NIGHTLY - 7:10 pm and 9:25 pm

RANGO PG
 105 Min MATINEE - Fri, Sat, Sun, 12:55 pm and 3:20 pm NIGHTLY - 6:55 pm and 9:20 pm

THE ADJUSTMENT BUREAU PG
 Coarse Language, MATINEE - Fri, Sat, Sun, 1:00 pm and 3:30 pm NIGHTLY - 7:00 pm and 9:30 pm

THE KING'S SPEECH PG
 20 Language May Offend 116 Min NIGHTLY - 7:00 pm and 9:35 pm

-GNOME & JULIET G
 In Digital 3D 84 Min MATINEE - Sat, Sun, 1:10 pm and 3:25 pm

I AM NUMBER FOUR PG
 Frightening Scenes, Not Recommended for Young Children 109 Min MATINEE - Sat, Sun, 1:05 pm and 3:40 pm NIGHTLY - 7:05 pm and 9:40 pm

RANGO PG
 105 Min MATINEE - Sat, Sun, 1:10 pm and 3:35 pm NIGHTLY - 7:10 pm and 9:35 pm

HALL PASS 14A
 Nudity, Crude Sexual Content, Substance Abuse 105 Min MATINEE - Sat, Sun, 1:00 pm and 3:25 pm NIGHTLY - 7:00 pm and 9:25 pm

WETASKIWIN
 3840-56 WETASKIWIN 780-352-3922

THE KING'S SPEECH PG
 Language May Offend 116 Min NIGHTLY - 7:00 pm and 9:35 pm

GNOME & JULIET IN DIGITAL 3D G
 84 Min MATINEE - Sat, Sun, 1:10 pm and 3:25 pm - Animated Adventure/Romance

I AM NUMBER FOUR PG
 Frightening Scenes, Not Recommended for Young Children 109 Min MATINEE - Sat, Sun, 1:05 pm and 3:40 pm NIGHTLY - 7:05 pm and 9:40 pm

RANGO PG
 105 Min MATINEE - Sat, Sun, 1:10 pm and 3:35 pm NIGHTLY - 7:10 pm and 9:35 pm

HALL PASS 14A
 Nudity, Crude Sexual Content, Substance Abuse 105 Min MATINEE - Sat, Sun, 1:00 pm and 3:25 pm NIGHTLY - 7:00 pm and 9:25 pm

PARKLAND
 130 CENTURY CROSSING SPRUCE GROVE 780-962-233

RANGO PG
 Fri - Thurs 7:15pm & 9:30pm Sat Sun & Tues 11:50pm & 9:30pm

THE ADJUSTMENT BUREAU PG
 Fri - Thurs 7:10pm & 9:25pm Matinees Sat Sun & Tues 1:00pm & 3:25pm Language

HALL PASS 14A
 Fri - Thurs 7:00pm & 9:15pm Matinees Sat Sun & Tues 1:00pm & 3:15pm Nudity, Crude Sexual Content, Substance Abuse Movies for Mommies March 8/11 @ 10:00pm

DRIVE ANGRY IN 3D 18A
 Fri - Thurs 7:05pm & 9:20pm Rated - 18A Gory Brutal Violence, Sexual Content

GNOME & JULIET G
 Matinees Sat Sun & Tues 1:05pm & 3:20pm

JUST GO WITH IT PG
 Fri - Thurs 6:55pm & 9:10pm Matinees Sat Sun & Tues 12:55pm & 3:10pm Crude Content

I AM NUMBER FOUR PG
 Fri - Thurs 7:00pm & 9:20pm Matinees Sat Sun & Tues 12:50pm & 3:00pm Frightening Scenes, Not recommended for Young Children

UNKNOWN 14A
 Fri - Thurs 6:45pm & 9:05pm Matinees Sat Sun & Tues 12:45pm & 3:05pm

SOUTH EDMONTON
 1525 99TH ST

RANGO PG
 EDMONTON 780-436-8585

RANGO PG
 NO PASSES FRI-SAT 1:00, 3:30, 6:00, 8:30; MON-THURS 1:00, 4:00, 6:30

RANGO PG
 ULTRAUV, NO PASSES FRI-SUN 12:00, 2:30, 5:00, 7:30, 10:00; MON-THURS 1:30, 4:30, 7:15, 9:40

BEASTLY PG
 FRI-SUN 12:10, 2:20, 4:30, 7:30, 10:00; MON-THURS 1:15, 3:20, 5:30, 7:35, 10:10

THE ADJUSTMENT BUREAU PG
 COARSE LANGUAGE NO PASSES FRI-SUN 12:00, 2:20, 4:45, 7:40, 10:10; MON-WED 12:35, 3:45, 7:15, 9:45; THURS 3:45, 7:15

THE ADJUSTMENT BUREAU PG
 COARSE LANGUAGE STAR & STROLLERS SCREENING, NO PASSES THURS 1:00

DRIVE ANGRY 3D 18A
 SEXUAL CONTENT/GORY BRUTAL VIOLENCE DIGITAL 3D FRI-SAT 12:45, 3:15, 5:50, 8:20, 10:40, SUN 12:45, 3:15, 5:40, 8:10, 10:30; MON-THURS 1:45, 4:45, 7:40, 10:15

HALL PASS 18A
 FRI-SAT 12:30, 2:55, 5:30, 8:05, 10:30, SUN 12:50, 3:45, 7:20, 9:50; MON-THURS 1:30, 4:10, 7:45, 10:10

JUSTIN BIEBER: NEVER SAY NEVER - DIRECTOR'S FAN CUT 3D PG
 DIGITAL 3D FRI-SAT 12:10, 2:40, 5:20, 7:55, 10:30; SUN 12:00, 2:35, 5:10, 7:45, 10:15; MON-THURS 9:40

I AM NUMBER FOUR PG
 FRIGHTENING SCENES, NOT REC. FOR YOUNG CHILDREN DIGITAL CINEMA FRI-SAT 12:15, 3:00, 5:30, 8:15, 10:45; SUN 12:10; MON-WED 2:30, 5:00, 7:20, 10:00; THURS 1:15, 3:45, 7:20, 10:00

I AM NUMBER FOUR PG
 FRIGHTENING SCENES, NOT REC. FOR YOUNG CHILDREN SUN 2:35, 5:00, 7:40, 10:05

UNKNOWN 14A
 VIOLENCE FRI-SAT 12:15, 2:45, 5:10, 7:45, 10:15; SUN 12:45, 3:25, 7:15, 10:15; MON-THURS 1:30, 4:10, 7:10, 9:50

JUST GO WITH IT PG
 CRUDE CONTENT FRI-SAT 12:20, 2:40, 5:25, 8:10, 11:00;

SUN 12:00, 3:00, 6:45, 9:30; MON-THURS 1:00, 4:00, 6:40, 9:20

GNOME & JULIET G
 FRI-SUN 1:30, 3:35, 5:40, 7:45, 9:50; MON-THURS 1:15, 3:30, 5:35, 7:45, 9:50

GNOME & JULIET 3D G
 DIGITAL 3D FRI-SAT 12:30, 2:35, 4:40, 6:45, 8:50; SUN 12:30, 2:35, 4:40, 6:45; MON-WED 1:45, 3:45, 7:00; THURS 1:45, 3:45

CEDAR RAPIDS PG
 FRI-SAT 12:30, 2:30, 5:45, 8:25, 10:50; SUN-WED 12:30, 3:30, 7:25, 10:10; THURS 3:30, 7:25, 10:10

CEDAR RAPIDS PG STAR & STROLLERS SCREENING THURS 1:00

NO STRINGS ATTACHED 14A
 SUBSTANCE ABUSE, SEXUAL CONTENT, NOT RECOMMENDED FOR CHILDREN FRI-SAT 10:50; SUN-THURS 9:00

THE GREEN HORNET 3D 14A
 VIOLENCE, COARSE LANGUAGE DIGITAL 3D FRI-SAT 10:45; SUN 10:10

THE KING'S SPEECH PG
 LANGUAGE MAY OFFEND FRI-SAT 12:15, 2:50, 5:20, 8:00, 10:35; SUN 12:00, 4:00, 7:45, 10:15; MON 12:25, 4:30, 7:00, 10:05; TUE-THURS 12:25, 4:30, 7:10, 9:50

BLACK SWAN 14A
 NOT RECOMMENDED FOR CHILDREN, SEXUAL CONTENT, DISTURBING CONTENT FRI-SUN 12:00, 2:45, 5:15, 7:50, 10:20; MON-THURS 1:55, 4:30, 7:00, 9:25

127 HOURS 14A
 GORY SCENES, DISTURBING CONTENT FRI-SAT 1:30, 4:00, 6:15, 8:30, 11:00; SUN 4:00, 7:00, 9:15; MON 1:10, 3:30, 5:45, 8:00, TUE-THURS 1:10, 3:30, 5:45, 8:00, 10:15; WED 1:10, 3:30, 10:15

DON QUIXOTE - BOLSHOI BALLET LIVE SUN 12:00

SPIKE & MIKE'S SKI & TWISTED PG
 FESTIVAL OF ANIMATION 2011 MON 9:30

GALAXY CINEMAS
 2020 SHERWOOD WAY SHERWOOD PARK 780-416-0150

RANGO PG
 DIGITAL CINEMA, NO PASSES FRI-SUN 12:00, 4:05, 7:00, 9:45; MON-THURS 7:00, 9:45

BEASTLY PG
 FRI-SUN 1:50, 4:35, 7:35, 10:05; MON-THURS 1:35, 10:05

THE ADJUSTMENT BUREAU PG
 COARSE LANGUAGE NO PASSES FRI-SUN 1:40, 4:20, 7:15, 10:00; MON-THURS 7:15, 10:00

DRIVE ANGRY 3D 18A
 SEXUAL CONTENT/GORY BRUTAL VIOLENCE DIGITAL 3D FRI-THURS 9:25

HALL PASS 18A
 FRI-SUN 1:45, 4:15, 7:25, 10:10; MON-THURS 7:25, 10:10

JUSTIN BIEBER: NEVER SAY NEVER - DIRECTOR'S FAN CUT 3D PG
 DIGITAL 3D FRI-SUN 1:00, 3:50, 6:40; MON-THURS 6:40

I AM NUMBER FOUR PG
 FRIGHTENING SCENES, NOT REC. FOR YOUNG CHILDREN FRI-SUN 1:25, 4:10, 6:55, 9:50; MON-THURS 6:55, 9:50

UNKNOWN 14A
 VIOLENCE FRI-SUN 1:00, 3:50, 6:50, 9:40; MON-THURS 6:50, 9:40

JUST GO WITH IT PG
 CRUDE CONTENT FRI-SUN 1:15, 4:10, 7:05, 9:55; MON-THURS 7:05, 9:55

GNOME & JULIET 3D G
 DIGITAL 3D FRI-SUN 2:00, 4:30, 7:20, 9:35; MON-THURS 7:20, 9:35

THE KING'S SPEECH PG
 LANGUAGE MAY OFFEND FRI-SUN 1:05, 4:00, 6:45, 9:30; MON-THURS 6:45, 9:30

NORTH EDMONTON
 14231 137TH AVE EDMONTON 780-732-2236

RANGO PG
 NO PASSES FRI-TUE-THURS 1:00, 4:00, 7:00, 9:50; WED 4:00, 7:00, 9:50

RANGO PG
 STAR & STROLLERS SCREENING, NO PASSES WED 1:00

BEASTLY PG
 FRI-THURS 2:00, 4:50, 7:45, 10:00

THE ADJUSTMENT BUREAU PG
 COARSE LANGUAGE NO PASSES FRI-TUE-THURS 1:20, 4:20, 7:40, 10:20; WED 4:20, 7:40, 10:20

THE ADJUSTMENT BUREAU PG
 COARSE LANGUAGE STAR & STROLLERS SCREENING, NO PASSES WED 1:00

DRIVE ANGRY 3D 18A
 SEXUAL CONTENT/GORY BRUTAL VIOLENCE DIGITAL 3D FRI-THURS 2:00, 5:00, 8:00, 10:30

HALL PASS 18A
 FRI-THURS 1:40, 4:50, 7:50, 10:30

JUSTIN BIEBER: NEVER SAY NEVER - DIRECTOR'S FAN CUT 3D PG
 DIGITAL 3D FRI-THURS 12:40, 3:40, 6:40

I AM NUMBER FOUR PG
 FRIGHTENING SCENES, NOT REC. FOR YOUNG CHILDREN

DIRECTOR'S FAN CUT 3D PG
 DIGITAL 3D FRI-

EDMONTON SHOW IV (COMMON GROUND) AVENUE THEATRE 9030 116 AVE. • Special preview with Common Ground Dance Company, feature film "Silhouette", short film, gallery opening. All Ages. • THU MAR 10, 7:00 PM
www.ecgas.org

EXPRESSIONZ MARKET PLACE EXPRESSIONZ CAFE 9938 70 AV NW • Creative Market & Silent Auction with artistic, green-minded & crafty vendors. Art Gallery & Cafe are open during Market hours. • FIRST SAT OF THE MONTH, 10AM-3PM. • expressionzcafes.com

FAMILY ART NIGHT NINA HAGGERTY CENTRE 9704 111 AVE • • THURSDAYS AT 6:30 PM Info: 780 474-7611

FARMER'S MARKET ALBERTA AVENUE CL. HALL 9210 118 AVE • • THURSDAYS AT 2:00 PM

FLAPPERS & FINE ART ENJOY CENTRE 101 RIEL DRIVE, ST ALBERT • 22nd Annual Art Auction: exciting Roarin' 20's themed evening of fine art, great food and silent auction in support of exhibits & programs of the Art Gallery of St Albert. • SAT MAR 5, 7:00 PM Info: 780 460-4310, 780 459-1194 artshelter.ca

KEY COMMUNICATIONS LUNCHEON (CANADIAN WOMEN IN COMMUNICATIONS) SUTTON PLACE HOTEL 10235 101 ST NW • Chat with one of our Key Communicators during an intimate, round table luncheon, then get to hear from them all in a group panel discussion. Register at website. • TUE MAR 8, 11:30 PM www.cwc-afc.com

MARDI GRAS (VINOK WORLD DANCE) CHATEAU LOUIS HOTEL 1177 KINGSWAY AVE • The Ballroom will be transformed into a Bourbon Street celebration. A menu complements the music and dance. • SAT MAR 5, 6:30 PM Info: 780 454-7793 www.vinok.ca

MOMMYLUSTROUS TRADE FAIR MAYFIELD INN AND SUITES 16615 109 AVE • Wide variety of vendors as well as heaps of fun and activities for the whole family. • SUN MAR 6, 10:00 AM Info: 587 881-1200 www.mommylustro.com

ON BOARD AVENUE THEATRE 9030 118 AVE • The Student Design Association will be hosting a spectacular one-night event: Longboard Auction, Design Showcase & Dance Party. • FRI MAR 4, 7:00 PM www.thedsa.ca

ONE NIGHT STAND (VIBE TRIBE) ROXY THEATRE 10708 124 ST NW • A Gypsy Circus at The REALTORS Expense Movement Arts Festival. • SAT MAR 5, 11:00 PM www.vibe-tribe.ca

OPENING RECEPTION (GRANT LEIER AND NIXIE BARTON) WEST END GALLERY 12308 JASPER AV • Please join us for an opening reception for Grant and Nixie's exhibit of new works. • SAT MAR 5, 1:00 PM www.westendgallery.com

PANCAKE SUPPER KORONADO UNITED CHURCH 4 MI NORTH OF GIBBONS ON HWY 28 AND 12 MI EAST ON TWP 570, GIBBONS • Everyone is welcome. • TUE MAR 8, 4:30 PM

PANCAKE SUPPER ROBERTSON WESLEY UNITED CHURCH 10209 - 123 ST • Shrove Tuesday pancake supper. Better yet! • TUE MAR 8, 5:30 PM Info: 780 482-1581 www.rwuc.org

PROGY DINNER ST ANDREW'S UKRAINIAN CHURCH 9831 - 75 ST • • FRI MAR 4, 5:00 PM www.ucooc-standrew.ca

REALTORS EXPENSE ROXY THEATRE 10708 124 ST NW • Movements Arts Festival: Dance, movement theatre, aerial and circus arts, mime, slap-stick, comedy, performance art, dance for film and more. • MAR 3 & 4 8:00PM, MAR 5 & 6 11:00AM Info: 780 453-2440 www.azimuttheatre.com

REFINERY ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ • Draw inspiration from the exciting new exhibition BRIAN JUNGHEIM: Featuring performances, art projects, music and more by some of Alberta's hottest talent! • SAT MAR 5, 9:00 PM Info: 780 422-6223 www.youpage.ca

SERVUS COMMUNITY ACCESS NIGHT ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ • Free access to the Art Gallery of Alberta. • LAST THU OF EVERY MONTH, 6 PM.

TUESDAY NIGHT DANCES MOOSE FAMILY CENTRE 10811 146 AVE • Hosted by Bev Munroe • TUESDAYS 8-11PM Info: 780 974-4969

WETASKIWIN SNOW DRAGS REYNOLDS ALBERTA MUSEUM HWY 13, 2 KM W OF WETASKIWIN, WETASKIWIN • Racers from across western Canada compete for more than \$10,000 in cash and prizes. Register your own snowmobile or come and watch the excitement. • SAT MAR 5 Info: 780 362-1351 www.wds.ca

WINTER LIGHT: STAR PARTY ELK ISLAND NATIONAL PARK ALONG HWY 16, BETWEEN RANGE ROADS 195 & 210, STRATHCONA COUNTY • Learn about astronomy, take in presentations, stories and light installations in this unique dark sky preserve. • SAT MAR 5, 4:00 PM Info: 780 760-2229 www.winterlight.ca

Meetings

AUDITIONS VARIOUS LOCATIONS VENUES CHANGE • Seeking singers and musicians to audition and volunteer to assist with Sunday gospel music/band at the Mustard Seed Church in Edmonton's inner city. • DAILY TIL MAR 15

BABES IN ARMS AND LAPS CARROT COMMUNITY ARTS COFFEE HOUSE 9351 116 AV NW • Moms and little ones meet. • FRIDAYS AT 10:00 AM

BALDWIN WALK (COMMUNITY WALKING PROJECT) BALDWIN CL. HALL 12904 74 ST • All Ages. • SATURDAYS, SUNDAYS TIL MAR 27 AT 10:00 PM

FOOD ADDICTS ST. LUKE'S ANGLICAN CHURCH 8424 95 AVE • A free recovery program for anyone suffering from eating disorders, overeating, and food obsession. • THU 7 P.M. Info: 780 465-2019/450-6179

MAHAMUDRA STUDY PROGRAM KARMA TASHI LUNG 10502 70 AVE • On the text "Clarifying the Natural State", by Dakpo Tashi Namgyal, along with Ven. Thangru Rinpoche's commentary "Crystal Clear: Practical Advice for Mahamudra Meditators". • TUESDAYS AT 7:00 PM

MARCH LUNCHEON (LEUDUC AND DISTRICT CHAMBER OF COMMERCE) EXECUTIVE ROYAL INN 8450 SPARROW DR, LEUDUC • Todd Hirsch, Senior Economist with ATB Financial on Alberta Economy 2011: FIVE Trends that will continue... and ONE that will reverse. • FRI MAR 4, 11:30 AM Info: 780 986-5454 www.leuduc-chamber.com

MILL WOODS WALKING GROUP (COMMUNITY WALKING PROJECT) MILL WOODS TOWN CENTRE 231 66 ST • Meets at SW entrance of Mill Woods Town Centre (near the M&M store) every Tues & Thurs morning for a 1-hour walk. • TUESDAYS, THURSDAYS TIL MAR 31 AT 9:00 AM

OVEREATERS ANONYMOUS MISERICORDIA HOSPITAL 1640 40 AVE • Weekly support meetings. • SATURDAYS AT 11:00 AM Info: 780 423-2546

PLEASANTVIEW WALK (COMMUNITY WALKING PROJECT) PLEASANTVIEW CL. HALL 10860 57 AVE • Pleasantview Walking Group. Meet at the community hall. • TUESDAYS TIL MAR 29 AT 5:45 PM

RUG HOOKING WOODVALE ACTIVITY CENTER 5804 39 AVE • Learn the Canadian craft & enjoy an afternoon with members of the Edmonton Traditional Rug Hooking Guild. Basement, east entry. • SATURDAYS AT 2 PM. Info: 780 482-4884

SUIT UP AND SHOW UP: AA BIG BOOK STUDY PRIDE CENTRE 9540 111 AVE • Discussion and support group for those struggling with an alcohol addiction or seeking support in staying sober. • SATURDAYS AT 12:00 PM

TWIN BROOKS WALK (COMMUNITY WALKING PROJECT) TWIN BROOKS PARK 113 ST & 11 AVE • Twin Brooks walking group meets at east gates of Village Green complex at 1177 9 B AVE. • MONDAYS TIL MAR 28 AT 6:30 PM

WALK ALBERTA (ST. ALBERT TREKKERS VOLKSPORT CLUB) ST ALBERT INN & SUITES 156 ST ALBERT RD, ST ALBERT • 5- or 10-km historical walk around downtown St. Albert and along the Red Willow Trails. Everyone welcome! • SAT MAR 5, 12:30 PM www.trekkerswalks.ca

Learning

AWAKENING THE RIVER OF YOUR HEARTSONG DANCE PERCUSSION STUDIO 7522 101 AVE • Vocal improvisation. • MONDAYS AT 7:00 PM Info: 780 485-2515

COMEDY IMPROV (RAPID FIRE THEATRE) NORTHGATE LIONS SENIORS RECREATION CENTRE 7524 139 AVE • Whether you love theatre, comedy or just having fun, improvisation is a wonderful and useful skill to develop. 4 week course for Seniors. • FRIDAYS FEB 25-MAR 25, 2PM, NO CLASS MAR 7 Info: 780 420-1757 www.tbontsquare.ca

ECOLOGICAL LIVING (UOFA FACULTY OF EXTENSION) ENTERPRISE SQUARE 10230 JASPER AV • Learn how to make concrete changes in your lifestyle to overcome ecological challenges that Canadians and specifically Edmontonians face. • TUESDAYS TIL MAR 15, AT 6:00 PM Info: 780 492-3116 www.extensionualberta.ca

EDMONTON'S BILINGUAL TOASTMASTER'S CLUB CAMPUS SAINT-JEAN 8406 MARIE-ANNE-GABOURY (91 ST) • Develop communication, leadership, and public speaking skills in both English and French. 3-22. Pavilion McMahon. Info: 476-6963. • TUESDAYS AT 7:00 PM

EXPLORING THE HUMAN JOURNEY OF WHOLENESS (DR. NANCY REEVES) PROVIDENCE RENEWAL CENTRE 3005 119 ST • Spiritual and Psychological issues for Helpers. Dr. Reeves will explore issues important to caregivers and those in the helping professions. • TUE MAR 8, 9:00 AM Info: 780 701-1854 www.providence renewal.ca

FACILITATED DRUM CIRCLES DANCE PERCUSSION STUDIO 7522 101 AVE • Learn traditional West African hand drumming. • TUESDAYS AT 7:00 PM Info: 780 485-2515

FLAMENCO DANCE CLASSES (JUDITH GARCIA) BEDOUIN BEATS STUDIO 11805 94 ST • • SATURDAYS AT 1:00 PM Info: 780 761-0773 www.flamencobeviva.com

FOUNDATION RUTHERFORD SOUTH LIBRARY RUTHERFORD SOUTH 1-01 • Visual Arts: ART 134, Anna House, instructor, Rutherford Library South Foyer. • DAILY TIL MAR 7

GOOD WOMEN DANCE ALBERTA 11205 - 107 AVE • 2 day master class with Toronto Dance Theatre, Christopher House, and Rosemary James. • DAILY FROM MAR 9 TO MAR 10, AT 10:30 AM Info: 780-752-5956

HEART DANCE WESTMOUNT FITNESS CLUB 12840 109 AVE, EDMONTON • Exploring creative expression of the body through music. • WEDNESDAYS AT 7:15 PM Info: 780 485-2515

LIVING THE MYSTERY OF OUR FAITH (BERNADETTE GASSELIN) PROVIDENCE RENEWAL CENTRE 3005 119 ST • Come discover how the liturgy invites us into the beauty and depths of the mystery of Christ, through the Scriptures, prayers and symbols of Lent and the Easter Triduum. • SAT MAR 5, 10:00 AM www.providence renewal.ca

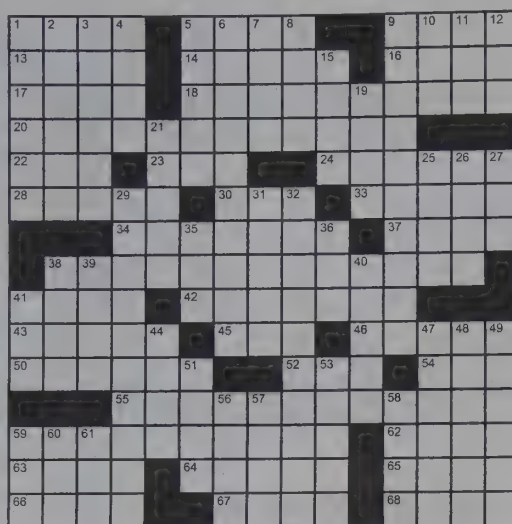
MARIMBA LESSONS DANCE PERCUSSION STUDIO 7522 101 AVE • • THURSDAYS AT 7:00 PM Info: 780 485-2515

ONSTAGE (ARTS TOURING ALLIANCE OF ALBERTA) BLUE CHAIR CAFE 9624 - 76 AV NW • Professional feedback to artists new to touring or trying to improve their profile. Space is limited. Call to schedule a time. • SAT MAR 5, 10:00 AM Info: 780 644-4840 www.artstouring.com

POWERLIFT INTERNATIONAL TRINITY UNITED CHURCH 8810 MEADOWLARK RD • Learn the art of public speaking in a relaxed and friendly environment. Whatever your "station" in life, good communication skills are essential - so what about doing something good for yourself! • THURSDAYS AT 7:00 PM

SALSA ROCKS ON THE ROCKS 10740 JASPER AVE • Dance lessons with Salva to the rocks to follow. • THURSDAYS AT 8:00 PM

SCIENCE STUDY FOR KIDS EARTH SCIENCES BUILDING (U OF A) 11487 89 AVE • Kids ages 5 to 12 explore the natu-



GO GET SCHOOLED

SOME SCHOLASTIC NECESSITIES.

JONESIN' CROSSWORD by Matt Jones

©2011 Jonesin' Crosswords (editor@jonesincrosswords.com)

ACROSS

- 1 Garlic unit
- 5 Terrestrial agent, slangily
- 9 FOR's dog
- 13 Dr. Frankenstein's go-to guy
- 14 Feudal slave
- 16 Form of quartz
- 17 Chimney passage
- 18 Holodeck locale
- 20 Some college students can't go without it
- 22 Mind reading?
- 23 Finish making payments on
- 24 Examines the depths
- 28 Detergent brand in a pink package
- 30 Once-homeless "Golden-Voiced" Williams
- 33 Atlanta university
- 34 Reason for a siren
- 37 Hired helper
- 38 Some high school students can't go without it
- 41 Demeanor
- 42 "Listen up!"
- 43 Gymnast Kerri
- 45 "___ Punk!" (1998 Matthew Lillard movie)
- 46 Spot in the sea
- 50 "Old MacDonald" noise
- 52 Dictation stat, for short
- 54 The Diamondbacks, on scoreboards
- 55 Some elementary school students can't go without it
- 59 They're set by deadlines
- 62 Shakespeare's "Poor me!"
- 63 Walkie-talkie word
- 64 Car, in Caracas
- 65 Russian music duo that often teases that they'll kiss onstage
- 66 "Onion ___ Network"

DOWN

- 2 Baseball stats
- 3 They get deployed
- 4 Ian of "Ratatouille"
- 5 Body type somewhere in the middle
- 6 Obama Chief of Staff Emanuel
- 7 "I could ___ referee" (line from Jay-Z's "Empire State of Mind")
- 8 Down Under pal
- 9 Airline with a hub at Ben Gurion
- 10 Finger part
- 11 Online address
- 13 Asian mammal also called a "humped cattle"
- 15 Elizabeth Wurtzel autobio drug
- 19 Blue solid on a pool table
- 21 Lower-level apartment number
- 26 Network that merged with UPN
- 28 Missile storage buildings
- 30 Some tests
- 31 Cub Scout group
- 32 Antlered beast
- 33 The Family Stone leader
- 35 Some motorcycles
- 36 On the cheap end
- 37 It may get in gear
- 38 Greek consonant
- 39 "Smoking" alternative
- 43 Tissue swellings
- 44 Nevada county
- 48 "The Writer's Almanac" subject
- 49 Burning the midnight oil
- 50 Cowboys' home
- 52 Office notes
- 54 Part of NEA

ral sciences through a wide range of hands-on activities. Drop in with adult chaperone to participate. • SUN MAR 6, 12:00 PM Info: 780 492-5834 museums.ualberta.ca

SKETCH-IN WORKSHOP ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ • Work with a local artist to explore exhibitions through sketching exercises - designed for artists at any level and include all materials. • SAT MAR 5, 2:00 PM Info: 780 422-6223 www.youpage.ca

STUDIO Y YOUTH DROP-IN WORKSHOPS ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ • Paper-mâché: Sculpture - Build an armature using a variety of materials and then cover your structure with paper-mâché and mixed media. • FRI MAR 4, 3:30 PM Info: 780 422-6223 www.youpage.ca

SWING DANCE AT SUGAR FOOT STOMP ORANGE HALL 10335 84 AVE • Beginner lessons followed by dance. • SATURDAYS AT 8:00 PM

TANGO CLASSES ORANGE HALL 10335 84 AVE • • THURSDAYS AT 7:00 PM Info: 780 905-8505

THE EDUCATED WALLET TELUS CENTRE 1101 87 AVE • Sessions for alumni, friends and family of the university, with a focus on smart investing, first time home buying, and wills, personal directives & estate planning. • MARCH 10 & APRIL 7 AT 6:30 PM Info: 780 492-3224

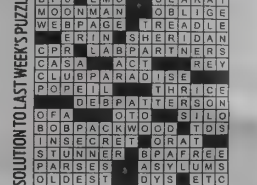
TOURS FOR TOTS ART GALLERY OF ALBERTA 2 SIR WINSTON CHURCHILL SQ • Drop in art classes for families and children aged three-five. • WEDNESDAYS AT 10:00 AM www.youpage.ca

WALKING GROUP LEADERS WORKSHOP (COMMUNITY WALKING PROJECT) IDLEYWLEDE PUBLIC LIBRARY 8310 88 AVE • For people who already lead groups or who would like to lead community-based walking groups. Get involved in supporting healthy, active living by leading the way! • SAT MAR 5, 10:00 AM

Queer

G.L.B.T.Q. SENIORS GROUP S.A.G.E. BUILDING 15 SIR WINSTON CHURCHILL SQ • This meeting is for gay Seniors, also for any Seniors that have Gay Family members and would like some guidance. Classroom B- • WEDNESDAYS AT 1:00 PM www.mysage.ca

SOLUTION TO LAST WEEK'S PUZZLE



- 56 Busy workers during April
- 57 Latvian capital
- 58 Right on the map?
- 59 "Get going!"
- 60 Playwright Coward
- 61 The whole kit and caboodle

SEEN IT LIVE • GREAT GIGS YOU MISSED LAST WEEK

Sporting an unusually large number of hands and fingers between them, the Wicked Awesomes made things extra fun at Wunderbar Friday, continuing a trend of shirtlessness (not pictured) that's taking over the city's music parties. | PHOTO BY FISH GRIWOSKY

classifieds

PHONE: 432-9003 | FAX: 432-1102 | EMAIL: classifieds@see.greatwest.ca

130. Coming Events

CANADIAN SUPERSTAR Sarah McLachlan is back after a 7-year hiatus, performing buoyant and beautifully crafted songs from her new album *Laws of Illusion*, along with classic hits. McLachlan brings her intimate "Sarah and Friends" tour to the Northern Jubilee, Friday, Mar. 4, 8 p.m. Tickets at Ticketmaster: 1-855-985-6000 or ticketmaster.ca

VILLAGE OF INNISFREE, Alberta 100th Anniversary July 22-24, 2011. Activities, pancake breakfast, supper & dance. Ticket available, call for information 780-592-3886.

190. Announcements

ATTENTION RESIDENTIAL SCHOOL SURVIVORS! If you received the CEP (Common Experience Payment), you may be eligible for further cash compensation. To see if you qualify, phone toll free 1-877-988-1145 now. Free service!

200. Business/Invest. Oppor.

MOMS EARNING MORE. Work from home part or full-time. No selling. No inventory. No parties. No risk. Visit www.momsearningmore.com.

410. Education/Training

LEARN FROM HOME. Earn from home. CanScribe Career College offers courses: Medical Transcription and Computers. Great work at-home opportunities. Enroll today! 1-800-466-1535; www.canscribe.com; info@canscribe.com.

410. Education/Training

REFLEXOLOGY CLASSES, fun and relaxed learning. Good for the sole. Register now, limited space. Starting Mar. 12 & 13, 2011. Phone Edwards & Holloway Health and Wellness 403-340-1330

1005. Help Wanted

Nunchok Wilai Thai Restaurant needs cook. 2 yrs. experience 40 hrs/wk. \$12.50-\$13.25/hr. Send resume to: nunchokwilai@gmail.com

1050. Restaurant/Hotel

Prairie Bistro Kitchen Staff - Full Time. Prairie Bistro will be opening this spring at the newly built Enjoy Centre (a project by Holes) this spring. The Bistro will be serving wholesome regional cuisine that balances healthy with delicious. We are currently seeking inspired Kitchen Staff & Kitchen Management. We offer benefits packages and competitive industry wages. If you are a passionate promoter of healthy, local and organic food practices, as well as a positive and enthusiastic team player who is able to lead by example, Health Hub would like to meet you. shaun@health-hub.ca

1500. Help Wanted — Alta.

A&B PIPELINERS is accepting resumes for the following positions: Area Manager - Saskatchewan (Regina), Labourers, HE Operators, Welders. Visit: <http://www.abpipeliners.com> for more information. Send resume to: Fax 403-265-0922. Email: grahamh@abpipeliners.com.

1500. Help Wanted — Alta.

A&W KINDERSLEY, Sask., is currently looking to fill 5 team members' positions full & part-time available. Email resume to: shannon.s@sasktel.net

BANNISTER GM in Edson, Alberta requires Journeyman Automotive and Collision/Painter Technicians. We offer Veteran Managers and Supervisors in a family owned operation. Signing bonuses, moving allowances, and top pay come with the right applicant. Apply in confidence to: dean@bannisteredson.com

DRIVERS/OWNER Operators Wanted. Truck contractors need drivers with log haul experience and clean driver's abstract. Owner operators needed with 6, 7, 8 axle log trailers. Visit: www.alpac.ca or call 1-800-661-5210 (ext. 8173).

EXCLUSIVE Finning/Caterpillar Mechanic training. GPRC Fairview Campus. \$1000 entrance scholarship. Paid practicum with Finning. High school diploma, grade 12 Math, Science, English, mechanical aptitude required. Write apprenticeship exams. 1-888-999-7882, gprc.ab.ca/fairview. September 2011.

GET YOUR FOOT in the garage door. General Mechanic training. Learn basic engine theory, power train, suspension, job safety. First step to automotive/heavy duty apprenticeship. GPRC Fairview Campus. 1-888-999-7882, www.gprc.ab.ca/fairview.

HAVE FUN making money as an actor, actress or film extra on Calgary movie sets. All ages required. Phone 403-521-0077.

1500. Help Wanted — Alta.

HOLIDAY ON HORSEBACK in Banff, Alberta. Seeking individuals interested in riding in the Rockies! Hiring for trail guides, cooks, carriage drivers and packers. Horse experience required. Also looking for sales clerks/reservation agents in busy western shop. Must share enthusiasm for the western lifestyle! Staff accommodation available. warner@horseback.com; www.horseback.com

INTERIOR HEAVY EQUIPMENT Operator School. Locations in Alberta & BC. Hands on real world training. Full sized equipment. Job placement assistance. Funding available. 1-866-399-3853; www.theschool.com

MILLAR WESTERN is seeking a Journeyman Electrical/Instrumentation Technician for its pupil in Whitecourt, Alberta. Call Carol at 780-776-2036, ext. 4217 or visit www.millarwestern.com.

PHOENIX FENCE HIRING Chain Link Fence Installers for Edmonton & Calgary, Alberta. Full-time, premium wages, overtime, benefits, bonus, relocation program. Call Dale 1-800-661-9847. Fax resume: 780-447-2512. Email: dzaps@phoenixfence.ca.

RESIDENT Manager/Maintenance Person required for 140 units in Jasper, Alberta. Permanent - full-time. Salary plus benefits. Fax resume to: 780-659-1988 or email: sdoucette@ulm.ca

COMMUNITY POTLUCK PRIDE CENTRE 9540 111 AVE. • A potluck open to all members of the LGBTQ community. A time to get together, share a meal and meet people from the community. **LAST TUES. OF THE MONTH 7PM**
HIV SUPPORT GROUP PRIDE CENTRE 9540 111 AVE. • Support group for people living with HIV/AIDS. **FIRST MONDAY OF EVERY MONTH**
ILLUSIONS SOCIAL CLUB: CROSSDRESSERS THE JUNCTION 10242 108 ST. • **SECOND FRIDAY OF EVERY MONTH, 8:30 PM**. Info: 780-387-3343
MEN TALKING WITH PRIDE PRIDE CENTRE 9540 111 AVE. • A social discussion group for gay, bisexual and transgendered men to discuss current issues and to offer support to each other. **SUNDAYS AT 7:00 PM**
SENIORS DROP-IN PRIDE CENTRE 9540 111 AVE. • A social and support group for seniors of all genders and sexualities to talk, have tea and offer each other support. **TUE AND THURS. 1 PM**
YOUTH MOVIE PRIDE CENTRE 9540 111 AVE. • Movie chosen by youth (aged 14-25), usually with LGBT themes. Popcorn is served. Info: brendan@pridecentreofedmonton.org. **THURS. 6:30 PM**
YOUTH UNDERSTANDING YOUTH VARIOUS LOCATIONS

VENUES CHANGE • A warm and friendly place where lesbian, gay, bisexual, trans-identified, queer, questioning, and straight youth can gather. All have fun and learn about themselves and others in a safe and supportive environment. Info: 780-248-1971 • **SATURDAYS AT 7:00 PM**
YOUTHSPACE SOUTH OLD STRATHCONA YOUTH SOCIETY 10325 83 AVE. • Drop in/group activities. **WEDNESDAYS AT 3:30 PM**
Activism
CALL FOR NOMINATIONS VARIOUS LOCATIONS VENUES CHANGE • City of Edmonton Mayor's Awards categories: outstanding service, universal design in architecture, employers, self-advocacy. **DEADLINE MAR 25** www.edmonton.ca
LIVER HEALTH MONTH (CANADIAN LIVER FOUNDATION) VARIOUS LOCATIONS VENUES CHANGE • LIVERight. Learn how. **TIL MAR 31** www.liverinfo.ca

2011.03.17

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Railroad**

Looking for a company that's moving forward?

CN is a company with a strong past and an exceptional future. We're ready to welcome you to our winning team! We currently seek candidates for the following positions in our Engineering department:

- Conductors

Career Fair

Please apply on-line and bring 1 piece of Government issued Photo ID plus 1 additional piece of Government issued ID (photo not required).

**Career fair will be held at the St. Albert Inn:
156 St. Albert Trail, St. Albert, AB
When: Saturday, March 12, 2011
Mandatory Orientation Session @ 9:00am**

Candidates who are successful in the screening process will be invited for interviews.

Join the team! Apply online today.

CN is an equal opportunity employer and encourages all interested candidates to apply. Only those selected for further screening will be contacted.

Please check out all of our career opportunities at cn.ca/career

classifieds

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1500. Help Wanted - Alta.

SEEKING 10 YEAR or newer 3/4 ton and larger trucks to deliver RVs across the U.S. and Canada! No force dispatch! Washes, tolls and permits reimbursed. Ability to gross over \$77,000/year. Apply now!
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SEEKING A CAREER in the Community Newspaper business? Post your resume for FREE, right where the publishers are looking. Visit www.avnw.com/resumes_add.php

SPEEDWAY MOVING Systems requires 00 for our 1 ton fleet to transport RVs throughout North America. We offer competitive rates and Co fuel cards. Paid twice monthly-direct deposit. Must have clean abstract and ability to cross border. To inquire call 1-866-736-6483

WANT A CAREER as an Artist? Register for Visual Arts Diploma program. Multi-use workshop painting, drawing, sculpture studies. No portfolio required. Grade 10+ Prairie Regional College. University Transferable. Call 1-780-539-2909 or www.gprc.ab.ca

1600. Volunteers Wanted

Alberta Artists with Brain Injury Society (AABIS) seeking volunteer board member - Treasurer. Contact illy@ebers.ca

Green Party volunteer round up! Fill the Green void in Alberta. Refreshments served, February 27, 5-7 Edmonton Pride Centre 9540-111 Ave. Volunteer coordinator 488-5091, 619-5783 greengreenscene@telus.net

Volunteers with Depression Needed at University of Alberta. Please - call 780-407-3906 if interested.

2005. Artist to Artist

Artist seeking people to write and submit questions to ask Ben. Sover, local drag king, that he can then answer on his on-line blog. www.thoughts.com/BenSover For more info and/or to submit questions email askbensover@yahoo.ca

2010. Musicians Available

Ele. ukulele player seeking rockabilly/country or indie pop band. Call Luke 780-919-1395

2020. Musicians Wanted

GUITARISTS, BASSISTS, Pianists & Drummers, vocalists needed for good paying / teaching jobs. Call 429-2262/901-7677

2020. Musicians Wanted

Modern rock band FTGU seeks talented bass player and drummer. Jam space preferable. Contact Sid ftgusinger@hotmail.com

2200. Massage Therapy

IF YOU'RE TIRED OF INEFFICIENT THERAPY. Therapeutic Massage. Open Saturdays. By appointment only. 1-780-868-6139 (Edmonton)

Massage Therapy, Relaxation, Therapeutic, Deep, Sport, Reflexology, Acupressure. Centre 8211, 1101 8925-82 Ave. Edmonton. tjanjarni@bell.blackberry.net 1-780-238-6108

Transformational massage, sociological bodywork, tantra massage. Licensed master massage therapist. www.secretsofantara.com

3010. Auctions

COLLECTOR CAR AUCTION & Speed 'n' Custom Show, March 18 - 20, 2011, Red Deer Western Park. Featuring George Barris and indoor car show! Exhibitor space available. Consign your car or estate today. 4 0 3 - 3 9 6 - 0 3 0 4. www.TheElectricGarage.com

MEIER GUN AUCTION, Saturday, March 5, 11 a.m. 6016 - 72A Ave., Edmonton. Over 200 guns - selling all classes, handguns, rifles, and shotguns, ammo and sporting goods. Call Meier Auctions to consign 780-440-1860

PROVINCE-WIDE Classifieds. Reach over 1 million readers weekly. Only \$259 + GST (based on 25 words or less). Call this newspaper NOW for details or call 1-800-282-6903 ext. 226

UNRESERVED AUCTION Plant Closure, Tuesday, March 8, 10 a.m. 13040 - 148 St., Edmonton. Preview: Mon. March 7, 11 - 5. Glen CNC panel saw, Morbidelli CNC Boring, Attendoff F-45 panel saws, drilling, edgebanding, Vaneer equipment, thickness planes & sanders, new wallpaper screw line, air compressors, trucks & forklifts. Details: www.foothillsauctions.com

FOOTHILLS AUCTIONS Co. Ltd. Phone 780-922-6090, Fax 780-922-6248.

3010. Auctions

UNRESERVED REAL ESTATE AUCTIONS! 6533rd - acres grazing lease, 160+/- title acres. \$16000 SLR. North of Elk Point, Alberta. March 10/2011. Ritchie Bros. Auctioneers, 1-800-491-4494, rbauction.com

3210. Misc. For Sale

A FREE TELEPHONE Service. Get your first month free. Bad credit, don't sweat it. No deposits. No credit checks. Call Freedom Phone Lines today toll free 1-866-884-7464.

BUILDING SALE "Rock Bottom Prices!" \$3.49 to \$11.95/sq. ft. Immediate orders only! Free shipping, some exclusions. Up to 90 days to pay. Deposit required. Pioneer Manufacturers since 1900. 1-800-668-5422. See current specials - www.pioneersteel.ca

CANT GET UP YOUR Stars? Acorn Startups can help! Call Acorn Startups now! Mention this ad and get 10% off your new StartUp! Call 1-866-981-6590

DISCONNECTED PHONE? Phone Factory Home Phone Service. No one refused! Low monthly rate! Calling features and unlimited long distance available. Call Phone Factory today! 1-877-336-2274, www.phonefactory.ca

EDMONTON HOT TICKETS, Hammett May 13, NKOTBSB July 12, Katy Perry July 17, Taylor Swift Aug. 18 and 19, Keith Urban Sept. 21. These tickets are held exclusively for fans in rural Alberta/NWT. Call Dash Tours and Tickets at 1-800-265-0000.

FREE catalogue of Manitoba grown hardy shrubs, trees, fruit, perennials, 99 years of service. Great selection, quality, and price. Boughen Nurseries, Box 12, Valley River, MB, R0L 2B0. www.boughennurseries.net 204-638-7618. Fax 204-638-7172.

LAPTOPS AND DESKTOPS from \$399 or \$25/month. Huge selection of quality brand names. Easy, in-store financing and flexible payment options. Call 1-877-992-9582

METAL ROOFING & SIDING. Best priced 36" Hi-Tensile TUFF-Rib 29ga Galvalume 5/70 sq. ft. Colours \$80/sq. ft. 10 Year Warranty. ALTA-WIDE Builders Specialists. 1-888-263-8254.

P-TANKS and Testing Equipment for sale, www.nrgps.ca 1-403-945-3561.

3210. Misc. For Sale

NEVER SHOCK CHLORINATE AGAIN! New Continuous Shock Chlorinator. Patent Pending Canada/USA. No mess, effective year round for small, iron bacteria, slime. Inexpensive. Phone 1-800-BIG-IRON, www.bigirondrilling.com

SEA-CAN CONTAINERS LTD. New and used, cargo worthy 8', 9', 10', 20', 40', 48', 53', office units, wind and water tight, delivery available. Phone 780-440-4032, Fax 780-440-4400, info@seacan.com, www.seacan.com

STEEL BUILDINGS priced to clear - Holding 2010 steel prices on many models/sizes. Ask about free delivery! Call for quick sale quote and free brochure. 1-800-668-5111 ext. 170, www.seacan.com

WANT A CAREER as an Artist? Register for Visual Arts Diploma program. Multi-use workshop, painting, drawing, sculpture studies. No portfolio required. Grade 10+ Prairie Regional College. University Transferable. Call 1-780-539-2909 or www.gprc.ab.ca

3400. Pets & Supplies

PUPPIES: Registered Havaneses, Snuggly, non-allergic, \$950. Yorkie Poms, quiet parents, \$450. First shots, vet checked. Born March 12, 780-679-0198. All mature 6 - 12 lbs.

4310. Grain/Feed/May

DEALERS WANTED, Hannas Seeds needs agents to sell Alfalfa, Clovers, Grasses, Hay, Pasture, Turf & Reclamation Mixtures. Contact Trish McLeod 1-800-661-1529 or trish.mcleod@hannasseeds.com

HEATED CANOLA buying Grain, Heated or Springthatched Canola. Buying oats, barley, wheat & peas for feed. Buying damaged or offgrade grain. On Farm Pickup! Western Feed & Grain, 1-877-250-5252.

ROUND HAY and straw bales for sale. Cheap! We deliver, self unloading. No Sunday calls please. 1-403-843-6380

5003. Real Estate Misc.

Assumable Mortgage \$10,000 down payment. Good, bad & No Credit. Condo for sale 780-996-4343

BRAND NEW HOMES Home, lot, gst from Hussar \$182,500. Three Hills \$202,900. Claresholm \$225,900. Crossfield \$249,500. Time limited offer. Call Aaron 1-877-536-8850, Alder Creek Homes

CHOICE 160 ACRES, North of Glendon, or will subdivide for 20 acres house, barn, quarter set farm land 780-635-2125. Serious enquiries only. Priced to sell.

Free 2 day Investing in Real Estate Course March 12 & 13, 2011. Reserve your seat today @ teachingrealestate@masterscorp.com

HOMEOWNER? Payments too high? Credit less than perfect? Call 1-866-488-8337. Apply on line www.homebansalberta.com. Alberta Home Loans Inc.

No Money Down! Mortgage Financing 100% financing with \$0 Down payment. Condo for sale 780-996-4343

5800. Manuf. Homes - Sale

\$10,000. INSTANT REBATE on all new Triple M Modular Homes ordered by March 31st! Special pricing on clearance showhomes. 1-800-334-7059 (Lethbridge), 1-800-204-5598 (Red Deer), www.mandkhomesales.com

BEST BUILT MODULARS in the industry! Free 2' X 8' sidewall upgrade and triple pane windows! Also 3' clearance 20' X 76' Grandeur's to choose from. 1-877-945-1272 or ken@grandviewmodular.com

5800. Manuf. Homes - Sale

GRANDEUR SHOW Home Sale. 18' X 74, 3 bedroom, 2 baths, jetted tub, 20' X 76, 3 bedroom, 2 baths, fireplace, laminate floors, painted drywall, hickory cabinets. OSB underbelly. Caliber Homes 403-347-0417

MODEL SHOW Home Sale. View up to \$13,000. Heated for saving, large selection. Making room for new models. Visit JandelHomes.com or call 1-800-463-0084.

MODULAR HOME Specialists. Also 22, 20, 16 wide homes. Sale prices starting from \$76,900. Best offers for spring delivery. Talk Buy Homes 1-877-396-5564.

NO GST and greatly reduced prices on our last 3 2010 homes. These must be sold. Ready for immediate delivery. Save thousands on orders for spring delivery. www.albertacustomhomes.com or call 1-800-347-5590.

6100. Cars

\$0 DOWN & we make your 1st payment at Auto Credit Fast. Need a vehicle? Good or bad credit? Call Stephanie 1-877-7-92-0599 or www.autocreditfast.ca DLN 30309.

BANKRUPT? BAD CREDIT? Call us! All makes and models. Professional credit rebuilders. Delivery Available. Call Garth 403-898-5559 or 1-866-476-1938. Cavalcade Auto Acceptance Corp., serving Alberta for 20 years.

DO YOU HAVE bad credit but need a vehicle? No problem you are approved! Call now and get a free \$400 vehicle credit. Call now 1-866-377-0875, www.autocreditcanada.net

6300. Motorcycles

GAIN ENTRY Level Skills in ATV, Snowmobile, Watercraft Technology, GPRC Fairview Campus, Alberta. Learn to repair small engines, recreational vehicles. Apprenticeship opportunity. On-campus residences. 1-888-999-7882; www.gprc.ab.ca/fairview

6650. Tires/Parts/Access.

SCRAP BATTERIES WANTED. Buying scrap batteries from cars, trucks & heavy equipment. \$3 each. Free pick-up greater Calgary & Edmonton area. Minimum 10. Toll free 1-877-334-2288.

7245. Misc. Services

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CRUISIN' THE COSMOS

**PISCES** (FEB. 19 – MARCH 20)

Listen up little fishies, school is about to start and you need to pay very close attention to what you're doin', otherwise this is a week you'll soon be ruin'. It's time for y'all to fully focus on the feats you need to complete 'cause if you don't, you could wind up floppin' your fins on the street.

ARIES (MARCH 21 – APRIL 19)

You may love independence more than anything else, but you have to accept some simple truths in life. Like the fact that sometimes, to be "in," you have to be dependent on approval. Otherwise, your individuality is a threat and with your impulsiveness, they wouldn't know which way to bet.

TAURUS (APRIL 20 – MAY 20)

The moon's in your sign next weekend and, like werewolves when it's full, you'll feel a transformation take hold of you as you're consumed by a ravenous appetite for life. You exist for no other reason than to break the chains of repression, and woe unto those in your way. Sure, it'll cause you troubles but nothin' save a silver bullet could stop you now!

GEMINI (MAY 21 – JUNE 20)

The dreams of destiny you'll have over the weekend will definitely drive your determination to do what you gotta do and make 'em come true. The downfall of that, however, is you'll just end up gettin' in your own way. No matter how bad you wanna work it after the weekend, you've gotta let destiny play its way.

CANCER (JUNE 21 – JULY 22)

You're gettin' so good at jugglin' things that it seems like they're magically floatin' in air on their own accord. Maybe it's mental trickery or a matter of the hand being quicker than the eye, but whatever you're doin', to us it just looks like your stuff flies. While jugglin' itself can be kinda borin', your balancing act will be a popular attraction.

LEO (JULY 23 – AUG. 22)

It doesn't matter how tough you are nor how smart, this week you'll be one big fuzzy heart. Yes, you will no longer be the fearsome feline, but instead the itty bitty kitty who just needs a scratch behind the ears and a rub on the belly. Remember: The more you purr, the more you get!

VIRGO (AUG. 23 – SEPT. 22)

Love is like milk and people are like puffed rice cereal. You pour on

some milk and right away it's all snap, crackle and pop. The crunchy rice and smooth moo-juice combo is a time-honoured treat. But, speakin' of time, the longer you let it just sit there and don't eat, the soggier it'll get.

LIBRA (SEPT. 23 – OCT. 22)

Your scale has been pretty still for the last lil' while but something's gonna send it swingin' wildly before the weekend. Expand that extra kinetic energy that's makin' you all wobbly by plunging yourself into some of your work. That way you'll be able to reap the rewards in record time.

SCORPIO (OCT. 23 – NOV. 21)

Don't waste time and money on big guns and bigger walls. No matter what you do, this'll still end in a draw. Arms escalation works when you have a few trillion bucks in your treasury, but what did it say on your last paystub, bub? Sometimes it's well worth it to just walk away!

SAGITTARIUS (NOV. 22 – DEC. 21)

A baby bird's main means o' motivation is their feet. Their wings work, but only in a rudimentary way. They wave 'em when they want attention and keep 'em close to stay warm. But once they're kicked out of the nest, they find their wings work wondrously, takin' them places they've never been before. This week let your intellect be your feet and your heart be your wings!

CAPRICORN (DEC. 22 – JAN. 19)

It ain't like you don't realize being a sensitive, caring, understanding and loving person can increase the good fortune you receive in life. It's the fact you're a Capricorn and you know damn well exactly what you want and you won't settle for less. That doesn't leave much room for luck now, does it?

AQUARIUS (JAN. 20 – FEB. 18)

Gettin' shafted changed everything on the spot, but it ain't all bad. Your new karmic co-ordinates put you in prime position for payback from the Cosmic Coincidence Control Centre sometime soon. Just make sure you take damn good care of whatever comes out of it or you could end up killin' your karmic credit record!

SAVAGE (cont'd from p. 30)

both of you. GGG requires you to stop whining about having to wait 24 whole hours for awesome sex, FEEBLE, and GGG requires her – if she isn't completely exhausted (and it appears she wasn't, as she was still awake when your "very unsatisfying orgasm" was over) – to come through with a loving assist when you're desperate and she's not feeling it, i.e., lie with you, talk dirty to you, stick a finger up your butt – whatever – for the five or 10 minutes it takes you to drain your sack.

I'm writing to ask you to help me spread the word about an issue close to my heart.

I am a 23-year-old woman without medical insurance who relies on Planned Parenthood. They have done SO MUCH for me. They have provided me with birth control, annual Pap smears that I can actually afford, and emotional support that helped me get over an abusive relationship and sexual assault.

The U.S. House of Representatives passed a bill last week that

would cut all federal funding for Planned Parenthood.

This isn't just an attack on American women. Planned Parenthood educates the entire community about sexual health and sexually transmitted infections. I know I don't need to preach to you. I plan to write to my senators about this, and I am encouraging everyone I know to do so. What I ask is that you mention this in your column as soon as possible.

My Body, My Choice

Done and done, MBMC.

We used to have a regular feature at Savage Love called "Straight Rights Watch."

It lapsed when the Democrats took the House in 2006 and political attacks on the sexual freedoms of straight people decreased.

But the GOP is back in charge of the House and state houses across the country, and attacks on the sexual freedoms of heterosexuals – attempts to ban abortion, restrict access to birth control, destroy Planned Parenthood (which doesn't just serve

straight people), even make it legal to kill abortion providers (!!!) – are back, and so, sadly, is Straight Rights Watch.

Hello? Heterosexuals? Your legislators need to hear from you, and they need to hear from you now.

And there's a really easy way to make your voice heard – go to www.istandwithplannedparenthood.org and add your name to an open letter to Congress, then swing over to www.plannedparenthood.org, click Donate, and give whatever you can.

CONFIDENTIAL TO MADISON, WISCONSIN: I've never been prouder of my connection to Madison than I am right now – and, hey, don't let those lying bastards at Fox News get you down. To everyone else: Meet the people who are taking a stand at www.youtube.com/wethepeoplewisconsin.

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Looking For A Boy Wonder



SAVAGE LOVE **DAN SAVAGE**
BORED MIDDLE-AGED MILF WANTS TO BEGIN TROLLING FOR A YOUNGER MAN

I'm a 41-year-old, very attractive, happily married woman. My husband and I have been together for 15 years. When we first met, the

ing the kids is that after the girls went off to college, things went right back to absolutely incredible.

One night, we were talking about our sexual fantasies, and I confessed that since my mid-30s I've fantasized about being with a younger man.

He told me that he'd be fine with me living out that fantasy if I would have a MFF threesome with him. I agreed, and we had the MFF threesome with a friend of mine.

Here's my question: How do I go about finding a gorgeous, college-

you're helping each other realize those fantasies. Brafuckingvo.

So how do you find the right young man?

Trawl the net, like all the other horn-dogs, and get your husband to help. (You asked your friend to have that three-way, right? Your husband can place a few "hotwife" ads.)

Yes, there are fakers and flakes on Craigslist — lots and lots — but there are some real boys to be had; there's also FetLife.com and AshleyMadison.com and a million other hookup sites. Cast a wide net.

Once you've found a potential Benjamin: Make sure you know his real

**MARRIED OLDS EVERYWHERE SHOULD FOLLOW YOUR EXAMPLE:
YOU GOT THROUGH THE LEAN YEARS WITH DECENT-IF-UNINSPIRED SEX,
YOU DIDN'T BECOME BITTER ABOUT ALL THAT DECENT-IF-UNINSPIRED SEX,
YOU GOT BACK TO INDECENT-AND-INSPIRED SEX ONCE THE KIDS HEADED TO COLLEGE.**

sex was absolutely incredible. After we got married, the sex was good, not great. This was because we were busy raising our children. (My husband had custody of four-year-old twins, children from his first marriage, when we married.)

The reason I know our sex life suffered while we were busy rais-

age man? I thought about posting an ad on Craigslist, but you've said that most of the people on Craigslist are flakes and picture collectors.

Do you have better suggestions for finding a straight college-age guy for a no-strings-attached encounter? I'm in the Pacific Northwest, if that makes a difference.

Also, I'm a complete newbie to this, so I'd appreciate a rundown of all of the usual safety advice when meeting a stranger for sex. Mrs. Robinson Seeks Benjamin P.S. Here is my e-mail address in case any of your gorgeous, male, college-age readers in the Pacific Northwest are interested: [e-mail deleted].

I don't print the e-mail addresses of readers looking for hookups, MRSB, as I am a professional advice columnist, thank you very much, not a rent-a-pimp for wannabe Mrs. Robinsons. (It also gives my lawyer fits. "What if you print this woman's e-mail address and this woman meets a nice young man who turns out to be Ted Bundy?" says my lawyer, who is old enough to remember who Ted Bundy was — and Mrs. Robinson — but somehow not too old to lawyer.) But save for asking me to print your e-mail address in the column, MRSB, I approve of everything you and your husband are doing.

Married olds everywhere should follow your example: You got through the lean years with decent-if-uninspired sex, you didn't become bitter about all that decent-if-uninspired sex, you got back to indecent-and-inspired sex once the kids headed to college (which you were able to do because you didn't let yourselves get bitter), and — most importantly — instead of freaking out and shooting down each other's sexual fantasies,

name, meet in public, discuss safety (condoms) and sexual health (tested recently?), and be sure to let him know that someone else — someone heavily armed — knows where you are and who you're with and when you're supposed to be back. Here's the tricky part: If you don't get a good feeling when you meet in person — if he seems dodgy, if his pics lied, if he gives off a rape-y/serial-killer-y/lawyer-y-fit-vindicating vibe — don't go through with it.

P.S. Oh, what the hell: MRSB's e-mail address is j.e.robinson71@gmail.com. Have at her, Benjamins.

I'm a 24-year-old straight male. For the past six months, I've been dating an amazing GGG girl. We have amazing sex. The other night, after a week of no sex, I came on to her in bed on Saturday night. She turned me down and said that she was OK with me masturbating on the other side of the bed so she could sleep. After a very unsatisfying orgasm, I told her I understood her need to sleep, since we had an early engagement the next morning, but that this was difficult for me. She said we'd have great sex the next day, which we did. Which one of us needs to be GGG in this scenario, should it happen again? *Fucking Early Engagement Botches Lovely Evening*

A week is a long time to go without at your age and at six months and prekids, I realize, but it sounds like the girlfriend more than made it up to you the next day. As for who needs to be GGG in this scenario, should it happen again (and it will) ...

GGG demands a little something of

SAVAGE cont'd on p. 29

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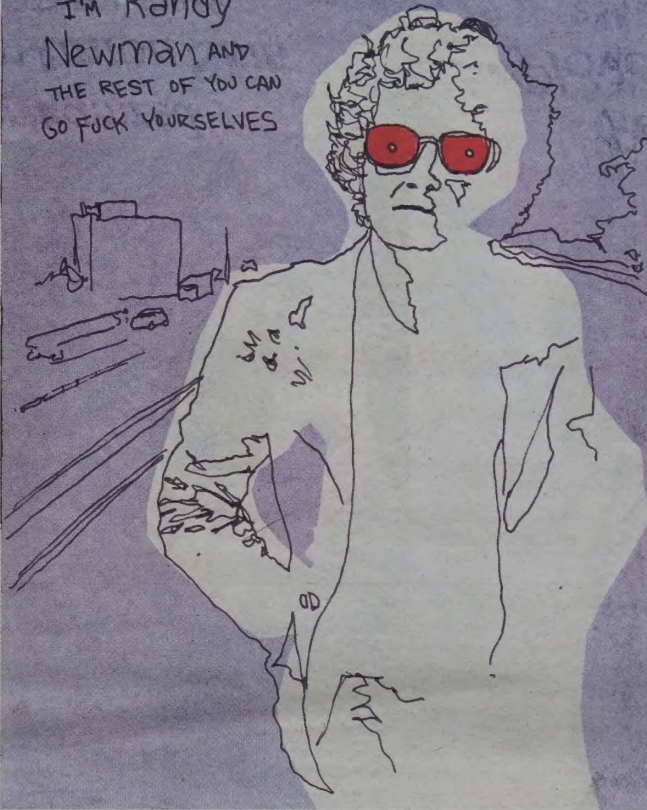
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I'm Randy
Newman AND
THE REST OF YOU CAN
GO FUCK YOURSELVES



Mike Winters'
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Well, you're right. Wood Gnomes do have genitals! Looks like I owe you a coffee.



What's this? I guess it's some sort of Gnome wife...



And a rather large extended gnome family and friends.



I think maybe we should leave...



McScoop!



Oh, sorry, I wish I had some

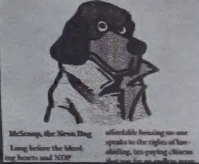
No problem, sir. God bless.



McScoop's Take

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Barret works at our flagship store in NYC. He loves to read and eat Thai food and his favorite color is navy blue. He's shown here getting ready for a cold day outside with lots of warm layers from American Apparel.

From left to right, he is putting on the Men's Brief, Baby Rib Long John, Nub Ribbed Knee-High Socks, Thermal Henley, Long Sleeved Cotton Flannel, The Work Pant, Basic Leather Belt, Winter Jacket, the Flannel Scarf, and vintage frames, available online or in our retail stores.

